



Ascent Audiology & Hearing

Connections between Hearing and Health

Dr. Travis Stehouwer, CCC-A
Doctor of Audiology

Ascent 
AUDIOLOGY & HEARING

Pleased to Meet You!

Dr. Travis Stehouwer, CCC-A

- ➔ Extensive experience with diagnostic and vestibular testing
- ➔ Expert fitting, dispensing and programming of advanced hearing aid technologies
- ➔ Provides innovative hearing solutions and personalized aural rehabilitation
- ➔ Experience with most manufacturers' hearing aids and accessories
- ➔ Works with patients until they are completely satisfied with their hearing



About Our Practice

Ascent Audiology & Hearing

- ➡ 6 offices in Washington, DC Metro Area
- ➡ Complete list of Audiology services
- ➡ Evidence-based, patient-centered approach & customized solutions
- ➡ State-of-the-art technology & unparalleled support and aftercare
- ➡ Top rated Audiology practice; hundreds of positive testimonials, Super Service Award



Hearing Loss is a Serious Problem in America Today...

DID YOU KNOW 1 in 5 Americans suffer from hearing loss!



3 in 10 adults over the age of 60 have some form of hearing loss

Better Hearing Institute



1 in 6 baby boomers (ages 51-69) or **14.6%**, have a hearing problem

Better Hearing Institute



1 in 14 adults aged 29 to 40 (**7.4%**) already suffer from hearing loss

Better Hearing Institute



More than **6 MILLION** Americans between 18 to 44 have hearing loss

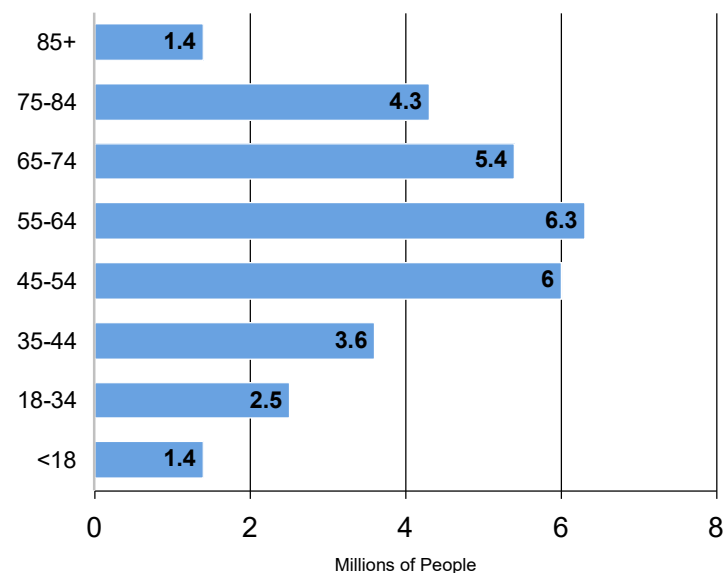
Better Hearing Institute



More than **5 MILLION** children and young adults under the age of 18 are victims of noise-induced hearing loss

American Academy of Audiology

Hearing Loss Population by age group



A Problem That's Getting Progressively Worse

It affects people from all walks of life.



80% of Americans suffering from hearing loss remain **undiagnosed** or go **without treatment**

Arch Intern Med. 2011



Hearing loss in people aged **12 to 19** has seen a **30% increase**

JAMA. 2010



1 in 20 children experienced hearing loss in 1994, and by 2006 that number had jumped to about **1 in 5, or an estimated 6.5 million adolescents**

CNN Health, August 17th, 2010



Over **36 MILLION** Americans suffer from hearing loss – that's nearly twice the population of New York City

American Academy of Audiology



Hearing Loss Can Make Life Difficult and Unpleasant

People suffering from untreated hearing loss experience a significant decrease in their quality of life, including:

- ➡ Depression
- ➡ Anxiety
- ➡ Paranoia
- ➡ Social Isolation



Serious Consequences of Hearing Loss

- ➡ Reduced job performance and loss of income
- ➡ Learning difficulties
- ➡ Emotional distress
- ➡ Feelings of isolation, which may result in anger, frustration and embarrassment



There is even a connection between **hearing loss** and **serious health problems** such as **diabetes**, **heart disease** and **stroke**.

Hearing Loss is Linked to Other Health Conditions



If someone has any of these conditions, they may also have hearing loss.

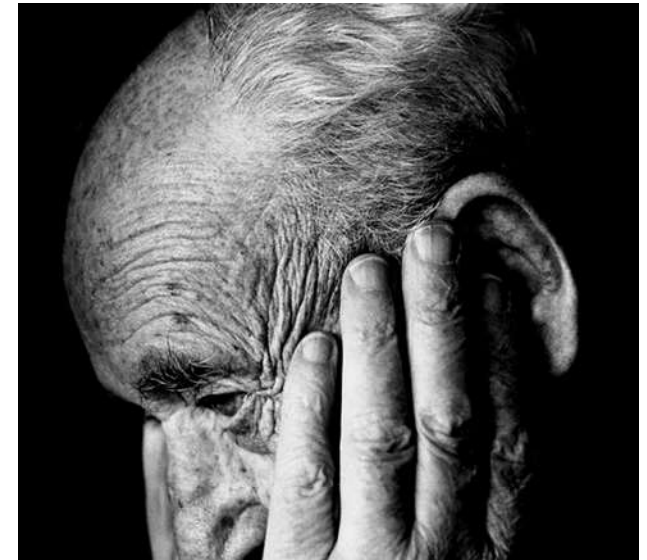
A baseline assessment and annual monitoring are recommended.

Hearing Loss Linked to Early Onset Dementia

Hearing loss causes brain to use resources just trying to hear, greatly diminishing ability to comprehend and remember.

Johns Hopkins research has found:

- ➡ Hearing loss associated with **faster decline in cognitive functioning** in older adults
- ➡ Those with **greater hearing loss** had **greater declines** in brain function
- ➡ Those with **hearing loss were more likely to develop dementia** than those with normal hearing
- ➡ The **worse the hearing impairment**, the higher the likelihood of developing dementia
- ➡ **Even mild hearing loss** shows significant effects on memory & comprehension



Diabetes & Hearing Loss

The Connection Between Diabetes and Hearing Loss



Hearing depends on small blood vessels and nerves in the inner ear.



High blood glucose levels can damage the blood vessels and nerves in the inner ear, diminishing the ability to hear.



Hearing loss is about 2x as common in adults with diabetes.¹



Some experts believe that hearing loss may be an under-recognized complication of diabetes.

70% of diabetics,
50-69 years old,
have high-frequency
hearing loss.



1. Hearing Loss Is Common in People with Diabetes.
<https://www.nih.gov/news-events/news-releases/hearing-loss-common-people-diabetes>

Diabetes & Hearing Loss

Research at Henry Ford Hospital in Detroit



Found that women between the ages of 60 and 75 with well-controlled diabetes had better hearing than women whose diabetes was poorly controlled.



By keeping diabetes under control, people can help minimize potential diabetes-related hearing damage



“A certain degree of hearing loss is common with aging, but it is often accelerated in patients with diabetes, especially if blood-glucose levels are not being controlled.”

“Our study really points to the importance of patients controlling their diabetes and paying attention to their hearing health.”

— Kathleen L. Yaremchuk, M.D.

Diabetes & Hearing Loss

Meta-analysis in Journal of Clinical Endocrinology & Metabolism¹



Included 13 studies published between 1977 and 2011 that examined the link between diabetes and hearing loss.



Found people with diabetes were 2.15x as likely as those without the disease to have hearing loss

“Our findings support routine hearing screenings for people with diabetes starting at an earlier age than for people without the disease.”

— Hirohito Sone, MD, PhD, FACP



1. Diabetes and Risk of Hearing Impairment in Adults: A Meta-Analysis [ow.ly/uvK8y](https://www.ow.ly/uvK8y)

Diabetes & Hearing Loss

Hearing Health Examinations Often Overlooked



Unlike eye exams, hearing health examinations are often overlooked for people with diabetes.



Of 400 diabetics at American Diabetes Association's EXPO, almost 100% had never received a physician's recommendation for a hearing test.¹



More than half had a 30 dB hearing loss.



Nearly all did not know hearing loss is associated with diabetes.



1. Breaking News: Hearing Tests by ADA Reveal Link between Hearing Loss and Diabetes. ow.ly/uvKmf

Diabetes & Hearing Loss

Better Hearing Institute (BHI)



Hearing tests are frequently overlooked in routine diabetes care.



Urging those with diabetes to get annual hearing tests & watch for signs of hearing loss.



Make hearing health care part of the their diabetes care and management.



Research not only shows that hearing loss is associated with diabetes and other chronic illnesses, but when left untreated, hearing loss adversely affects quality of life, earnings, and physical and emotional well-being.

Common Signs of Hearing Loss

How can you tell if someone is suffering from hearing loss?

➡ Difficulty hearing and listening

- Telephone conversations become difficult
- Often ask people to repeat themselves

➡ Inability to take part in normal conversation

- “I can’t hear you.”
- “If only people wouldn’t mumble!”

➡ Family complains about TV or radio being too loud

➡ Tiring easily from concentrating on listening harder

➡ Experiencing better hearing in one ear than the other

Relief for Tinnitus is Available

50 million people in the U.S. experience Tinnitus¹

- ➡ Most are told that nothing can be done, and never offered a treatment solution
- ➡ **Treatment *is* available** through customized sound therapy & hearing aids

Better Hearing Institute study found:

- ➡ 28% of people who used hearing aids reported a **moderate to substantial reduction** in their tinnitus
- ➡ 66% said hearing aids alleviated their tinnitus **MOST of the time**
- ➡ 30% said hearing aids alleviated their tinnitus **ALL of the time**



1. 1999-2004 National Health and Nutrition Examination Survey (NHANES) conducted by the Centers for Disease Control and Prevention (CDC).

For Expert Diagnosis and Care, You Need a Specialist

What is an Audiologist?

A professional specializing in:

- Evaluating, diagnosing and treating people with hearing loss
- Specialists in **Tinnitus** evaluations

 **Audiologists hold a Doctoral degree from accredited universities with special training in the prevention, identification, assessment and treatment of hearing loss**

The most qualified professionals to:

- Perform hearing tests
- Refer patients for medical treatment
- Provide hearing rehabilitation service including hearing loss management with hearing aids

Better Hearing, Better Health, a Better Life!

6 Convenient Locations to serve you better:

-  **McLean, VA • 1320 Old Chain Bridge Road, Suites 185 & 160 • (703) 942-8110**
-  **Lansdowne, VA • 19415 Deerfield Avenue, Suite 301-B • (703) 723-9672**
-  **Falls Church, VA • 300 North Washington St., Suite 102-A • (703) 237-0163**
-  **Potomac Falls, VA (Falcons Landing Community) • (703) 723-9672**
20522 Falcons Landing Circle, In the Wellness Center
-  **Lansdowne, VA (Lansdowne Woods Community) • (703) 723-9672**
19375 Magnolia Grove Square, In the Clubhouse
-  **Rockville, MD • 133 Rollins Avenue, Suite 2 • (301) 468-7670**

Let's Get Started!

We look forward to working with you to help with your hearing care needs...

If you have any questions, we are always happy to help!

Call: (703) 237-0163

Email: TStehouwer@HearingAidDoctors.com



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