

VISION LOSS RISK AWARENESS



HEARING HEALTH DECISIONS

WITH AGING'S INFLUENCE ON VISION AND HEARING, IT IS ESTIMATED THAT BY 2030, AS MANY AS **14 MILLION** OLDER U.S. ADULTS WILL DEVELOP **DUAL SENSORY LOSS**.^[1]

DID YOU KNOW?

Dual sensory loss can reduce quality of life in terms of physical, emotional and social function.

Research indicates those with both vision and hearing loss often have greater:

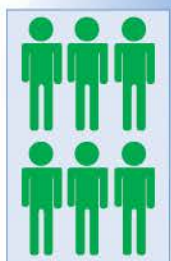
Difficulty in performing activities of daily living.^[2]



Challenges with interactive daily communication.



Risk of social isolation and depression.^[3]



Risk of falls and related hospitalization.



HEAR BETTER, SEE BETTER.



TALK TO YOUR EXPERT HEARING AND VISION PROFESSIONALS ABOUT:

- Why annual diagnostic screenings are a healthy habit.^[4]
- How best corrected hearing and visual abilities can help improve quality of life.



To learn more, please visit:

www.nidcd.nih.gov and www.nei.nih.gov

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[1] Heine and Browning: Mental health and dual sensory loss in older adults: a systematic review. *Frontiers in Aging Neuroscience* 2014 [2] Fischer, *et al*: Multiple Sensory Impairment and Quality of Life. *Ophthalmic Epidemiology* 2009 [3] Kiely *et al*: Dual sensory loss and depressive symptoms... *Frontiers in Human Neuroscience* 2013 [4] Vreeken *et al*: Dual sensory loss: development of a dual sensory loss protocol and design of a randomized controlled trial. *BMC Geriatrics* 2013 13:84

As you focus on 20/20 vision...



...you also deserve sound advice on 20/20 hearing

People can hear between frequencies of 20 Hz to 20 kHz.

Hertz (or Hz) measure vibrations in pressure and can be understood as low or high pitch.

A low Hz would be a rumble, like the lowest note of a tuba. A kilohertz (or kHz) is 1000 Hz. A dog whistle is commonly 30 kHz.

✓ Check all that apply

- ☐ I have difficulty understanding speech in the presence of background noise or in a crowded restaurant.
- ☐ I avoid social situations that require me to participate in conversations.
- ☐ I avoid the movies or theater because I miss so much.
- ☐ I have greater difficulty understanding females and children.
- ☐ My family and friends complain that I am not hearing accurately.
- ☐ Others notice that I turn the volume on my television or radio too loud.
- ☐ I have difficulty conversing on the telephone.
- ☐ I ask others to repeat themselves often during conversations.

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