

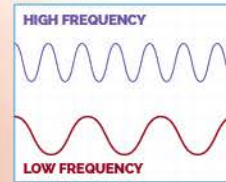
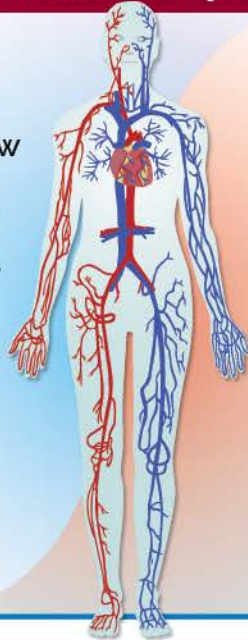
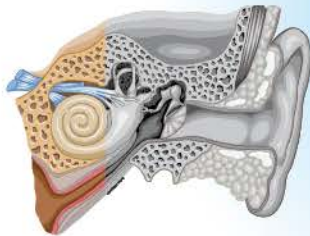


**DID YOU KNOW?**

**Your ears can be a "window to your heart"<sup>[1]</sup>  
and that 600,000 people die annually of heart disease in the U.S.<sup>[2]</sup>**

**RESEARCH INDICATES...**

your inner ear's sensitivity to blood flow as well as vessel trauma may enable hearing loss to be an early indicator of and screening test for heart problems.



Low frequency hearing loss should be considered a cardiovascular risk factor, with systemic association to heart disease and strokes.<sup>[3][4]</sup>

**These healthy habits can help prevent or delay heart disease:**



EXERCISE FREQUENTLY &  
MAINTAIN PROPER WEIGHT



CONTROL  
BLOOD PRESSURE



EAT A  
NUTRITIOUS DIET



STOP SMOKING

**TALK TO YOUR HEARING AND HEART HEALTH PROFESSIONALS ABOUT HOW:**  
low-frequency hearing loss may be an early indicator of heart disease or other cardiovascular conditions and improved heart health may positively impact your quality of life.

**OUR EXPERT ADVICE CAN HELP!**

To learn more, please visit: [www.heart.org](http://www.heart.org)

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[1] Bishop, The Ear is a Window to the Heart: A Modest Argument for a Closer Integration of Medical Disciplines. *Otolaryngology: Open Access* 2012 [2] [cdc.gov/heartdisease/facts.htm](http://cdc.gov/heartdisease/facts.htm) [3] Friedland *et al*: Audiometric pattern as a predictor of cardiovascular status: development of a model for assessment of risk. *The Laryngoscope* 2009 [4] [prnewswire.com/news-releases/heart-disease-and-hearing-loss-linked-so-get-your-hearing-checked-for-world-heart-day-bhi-advises-224502101.html](http://prnewswire.com/news-releases/heart-disease-and-hearing-loss-linked-so-get-your-hearing-checked-for-world-heart-day-bhi-advises-224502101.html)



## ARE YOU AT RISK FOR HEARING LOSS?

### ✓ 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.

### ✓ Questions I'd like to ask my Hearing Health Expert

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

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