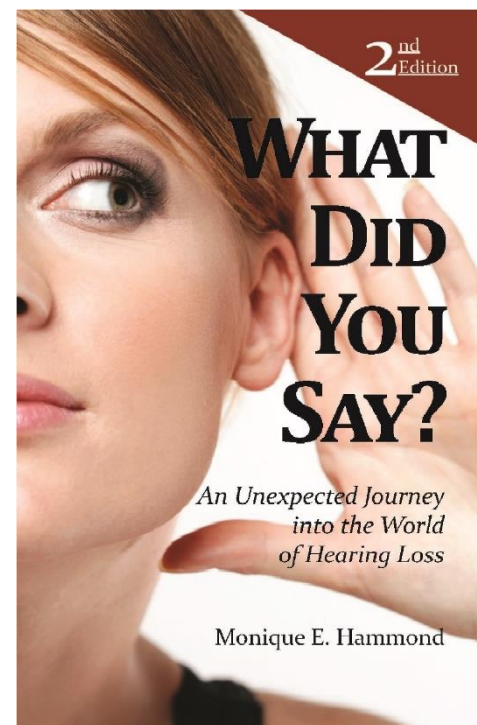


Don't Let Hearing Loss Get Worse: 5 Strategies to Preserve Hearing

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Motivation to Preserve Hearing

- **Maintain Quality of Life**
- **Lessen Hearing Loss-related
Dementia Risks**
**Do So, By Maintaining
Physical and Mental Well-being**

Purpose of Presentation

- **Become Health-wise & Hearing-smart!**
- **Discuss Everyday Hearing Risks
in Five Areas of Concern**
- **Make Connections Between
Health & Hearing**
- **Develop Strategies for
Hearing Preservation**

Areas of Everyday Concern

- **Loud Sound**
- **Managing Chronic Conditions**
- **Self-treatment with OTC Products**
- **Recreational Substances**
- **In-home Chemicals**

Recurring Hearing Threats

- **Excessive Sound**
- **Low Oxygen Supply**

**Questions and Discussion
at the End**

Strategy # 1

- **Loud Sound: Ear Poison!**
- **Do not Underestimate Risk.
Learn About Proper Hearing
Protection**

Sound Level Awareness

- **Noise is Fact of Life**
- **Often Sound Danger Where
Least Expected**
- **Sound Level Awareness
at all Times**

Why We Underestimate Risk

- **How Loud Is It?**
Consider a Phone App
- **Misbeliefs**
- **Too Much Trust in Technology**

Talks with Hearing Specialist

- **Technology Limits in Noise**
- **Proper Protection**
- **Always Carry Hearing Protection**

Strategy #2

Chronic Health Conditions:

- **Cardiovascular Disease**
- **Diabetes**
- **Sleep Apnea**
- **Follow Medical Instructions**
- **Mind Lifestyle to Maintain Healthy Oxygen Supply**

Blood Circulation and Ears

- **Blood Vessels Fragile and Few**
- **Consequences for Hearing**

Cardiovascular Risks

- **High Blood Pressure**
- **High Cholesterol**
- **Effects of Damage on Hearing**

Diabetes & Hearing

- **Types of Damage From Lack of Blood Sugar Control**
- **Effects on Hearing**
- **Hearing Loss Statistics for Diabetes**

Sleep Apnea

- **Stop Breathing While Sleeping**
- **Many Don't Know of Condition**
- **Risks to Hearing**

Act on Sleep Apnea!

- **Medical Check**
- **Tests**
- **Treatment**
- **Lifestyle Changes!**

Preserve Health & Hearing

- Follow Medical & Therapy Advice
- Accurate Self-monitoring
- Lifestyle Changes!

Preserve Health & Hearing

- **Weight**
- **Diet: Antioxidants**
- **Exercise (Check with MD/therapist)**

Preserve Health & Hearing

- **Stress Reduction**
- **Don't Smoke/Vape**
(more later on this!)

Strategy # 3

- **Self-Treatment with Over-the-Counter (OTC) Products**
- **Read all Labels. Get Help with Decisions. Report All!**

OTC Pain Medications

- **Non-Steroidal Anti-inflammatory Drugs (NSAIDs)**
- **OTC: Ibuprofen, Naproxen**
- **Low Dose, Short Term, Occasional Use**

NSAIDs & Hearing Loss

- Long-term Use Problems
- NSAIDS Effects on Hearing
- Warning Signs

Herbal Pain Products

- Salicylates!
- Meadowsweet, Bark of Poplar and Willow, Wintergreen..
- Also in Balms, Patches, Creams
- Read Labels

OTC Pain Medications

- Acetaminophen (APAP), Tylenol, Paracetamol
- Effect on Hearing

OTC Pain Medication Cautions

- **Lowest Effective Dose**
- **Occasional, Short-Term Use**
- **Less is Safer**

OTC Pain Medication Cautions

- Inform Doctor of
ALL OTC Products
- Read All Labels
- Get Help Making Decisions

Strategy #4

- **Recreational Substances**
- **Personal Choice and Responsibility.**
- **Get the Facts.**

Smoking / Vaping

- **Two-fold Attack on Hearing**
- **Composition of E-cig Fluids??**

Alcohol: Less is Better

- **What is Moderation?**
- **Effects on Brain
and Hearing System**
- **Ear Toxic Combinations**

Leisure Substances

- Don't Smoke/Vape
- Less Alcohol is Better
- Carry Hearing Protection

Strategy #5

- Hazardous Chemicals: Solvents
- Ventilation & *Effective* Protection.
- Less Toxic Products?

Hazardous Solvents/Volatiles

- Mineral spirits,
- Turpentine,
- Petroleum Distillates
- Toluene
- Xylene,
- Acetone ...

Workshop” Chemicals

- **Solvents: in Paint Thinners, Glues, Degreasers, Epoxies..**
- **Effects on Brain, Nerves and Hearing**

“Workshop” Chemicals

- Airborne → Ventilation!
- Effective Protection for Ears, Nose, Mouth, Skin
- Consider Alternatives

Conclusion

- **Minimize & Eliminate Daily Risks**
- **Efforts to Preserve Hearing:
Daily Investment for
Continued Quality of Life**

5 Strategies to Preserve Hearing **QUESTIONS?**

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