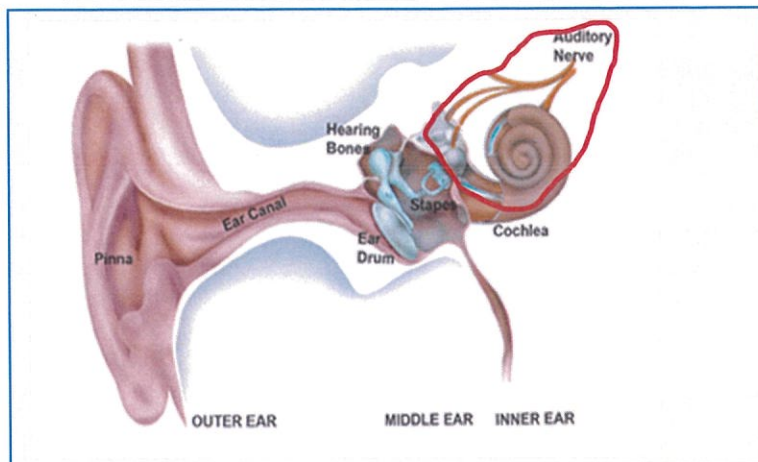


DIABETES COMPLICATIONS Part 8: Diabetic hearing Loss



Ear complications of Diabetes.

- Hearing loss is an underestimated condition in type 2 diabetes and is less well known than the other complications of diabetes.
- Individuals with diabetes have twice- the chance of hearing loss compared to those without diabetes.
- Those with prediabetes (HB1Ac of between 5.6 and 6.5) have a 1.3 times higher rate of hearing loss than non Diabetics.
- This is due to the blocking of the small arteries (vasa. nervorum) that supplies the Vestibulocochlear nerve that takes the sound and balance signal from your ear to the brain.
- As this nerve also carries the signal from your balance organ (Vestibule) some people can also experience dizziness.
- Since it can happen slowly, the symptoms of hearing loss can often be hard to notice.

How do you prevent ear complications if you are a Diabetic?

1. Reduce your blood sugar to a HBIAC of 7% and below- **Again, this is the most crucial element!**
2. Make sure your blood pressure is controlled as this is an additional factor for hearing loss.
3. Make sure you comply with your periodical exams at the clinic as we do monitor your hearing when doing the exam.
4. Reduce intake of sugars and starches that increases your blood sugar levels.

  
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Company Medical Doctor

01/02/2024  
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Date