



## Diabetes and Hearing Loss



### Overview

We all know that hearing loss comes from things like loud noises and aging. But there's another cause you might not be aware of: diabetes. It's a common disease that harms many parts of the body, and it greatly raises your risk for hearing loss. So if you have diabetes, it's important to manage it.

### How does diabetes harm hearing?

How does diabetes harm hearing? Well, diabetes can affect nerves and blood vessels throughout the body. It can damage a range of things, like your kidneys, eyes, feet and hands. And we think it hurts the tiny blood vessels and nerves used for your hearing. More research is needed.

### What are the signs of hearing loss?

Hearing loss from diabetes can happen very gradually. It may happen so slowly you don't realize it. But there are warning signs. Do you often ask others to repeat what they say? Is it hard for you to have conversations in noisy places? Do others tell you that your TV is too loud? These are all clues that you may have already lost some hearing. Don't ignore them.

### Conclusion

If you have diabetes, make sure you follow your care plan to keep it under control. Make sure you have your hearing tested regularly. And talk to your doctor or hearing specialist about things you can do to protect your hearing.