**DOES HEARING LOSS AFFECT BALANCE?**

- The *inner ear* is responsible for both hearing and balance function.
- Hearing loss indicates that there is a problem with the hearing organ (cochlea) in the inner ear. Problems with the inner ear may also include the balance organs due to an underlying condition that impacts the inner ear as a whole.

**CHANGES IN HEARING AND BALANCE OFTEN HAPPEN AS WE AGE**

Individuals with untreated hearing loss are more likely to have a history of falling.1,2 *WHY?*

- Reduced vestibular and balance system function
- Reduced awareness of the surroundings
- Reduced cognitive resources available for balance due to hearing loss

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**WHAT CAN CAUSE HEARING LOSS AND BALANCE PROBLEMS?**

- Inner Ear Infections
- Meniere’s Disease
- Medications Toxic to the Inner Ear
- Blood Circulation Problems
- Head Injury
- Tumors
- Genetics

**IMPROVE YOUR BALANCE**

4

- Consider conditions such as *vision changes and reduced sensitivity in your feet.*
- Ask your health-care provider about the *impact of your medications* on dizziness and balance concerns.
- *Have your hearing tested annually.*3 If you have concerns about your balance or hearing, evaluation by an audiologist can help identify the cause.
- Ask your health-care team about *balance therapy options* that can improve your balance.
- **Evaluate your home** for risks.
  - Remove tripping hazards such as rugs.
  - Use non-slip mats in the shower or bath.
  - Add hand rails in the bathtub and next to the toilet.

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**Connect with an Audiologist Near You!**

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