

Winter 2025

How Hearing Loss Impacts Balance

Hearing loss is often viewed purely as a decline in sound perception, but **it can also significantly impact balance.** Those experiencing hearing issues might notice increased instability, as these two conditions are more closely related than they seem. Within the inner ear is the vestibular system, a structure vital to balance by helping the brain determine body orientation and movement. **Even mild hearing loss can disrupt this system, leading to dizziness and an increased tendency to fall.**

The decline of hearing and balance is often noticeable with age, with many individuals over 65 experiencing both hearing loss and a heightened risk of falls. **Studies show individuals with mild hearing loss are three times more likely to experience a fall.** The additional cognitive strain of maintaining balance with reduced hearing can slow reflexes, making it harder to respond to sudden shifts. Addressing this issue may involve using hearing aids to restore auditory cues and improve balance, engaging in balance-strengthening exercises, consulting specialists for tailored care, and focusing on overall health maintenance. Hearing loss goes beyond sound and can influence physical stability, **making maintaining your hearing health essential.**

Darrow, K., PhD, CCC-A. (2024, September 19). How Hearing Loss Impacts Balance. LinkedIn. Retrieved November 20, 2024, from <https://www.linkedin.com/pulse/how-hearing-loss-impacts-balance-dr-keith-darrow-phd-ccc-a-ua67e/>

**Make sure you're hearing your very best.
Call (616) 772-1986 to schedule your appointment today.**



Carli Van Harken, HAS, Owner

Cari Marzolf, Audiologist

The C.E.H. Team



Winter 2025

COMPREHENSIVE EAR &
HEARING OF ZEELAND

WINTER HEARING NEWS



Dear <First Name>,

As a valued client, you know how important it is to prioritize your hearing health. To help you continue to better understand your hearing, we are pleased to provide you with this copy of our informational Winter Newsletter.

Plus, Comprehensive Ear & Hearing of Zeeland is having a complimentary Winter Hearing Health Event February 24 - 28 in our Zeeland office. **Join us to receive a FREE updated hearing screening and other exclusive offers. All of this will be NO COST to you.**

We hope to see you soon! Call (616) 772-1986 to make an appointment.

Sincerely,

Your friends at Comprehensive Ear & Hearing of Zeeland

In This Issue:

- ✓ 8 Habits to Rethink to Keep You Mentally Sharp
- ✓ Winterizing Your Hearing Aids
- ✓ Comorbidity Spotlight
- ✓ Special Offers
- ✓ How Hearing Loss Impacts Balance

**Special Event!
Limited Time Only!**

**WE'RE OFFERING
A RISK FREE 1-
WEEK TRIAL AND
UP TO \$1000 OFF!**

Comprehensive
EAR & HEARING
of Zeeland

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Comprehensive
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8 Habits to Rethink to Keep You Mentally Sharp

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Comorbidity Spotlight

While aging is inevitable, mental decline is optional. According to the Alzheimer's Association, over 6 million people in the U.S. live with Alzheimer's Disease. Taking the right steps to protect your brain will help you stay sharp in your golden years. **Grab a pen and take the quiz below. Check the box next to any daily habits you may have that can negatively impact your brain health.**

- Are You Ignoring Hearing Issues?** – Whether you have a loss or ringing in your ears, ignoring the issue could lead to bigger problems. Studies have shown that untreated hearing loss is correlated with cognitive decline and dementia.
- Are You Not Getting Enough Sleep?** – You need at least 7 to 9 hours of sleep to maintain a healthy brain. This is vital as your brain needs this time to restore and recharge itself.
- Are You Not Socializing?** – Staying social as you age is necessary to keep your brain working optimally. Talking to a friend on the phone or meeting up for dinner helps boost cognitive function.
- Do You Have Poor Eating Habits?** – Eating healthy directly impacts your brain. Foods rich in essential nutrients, magnesium, and omega-3 fatty acids all aid in preserving your mental sharpness. Plus, healthy eating is good for your whole body!
- Are You Indulging in Too Much Alcohol?** – Drinking too much alcohol can harm your brain. Drinking can strain your brain by making it work harder to control your speech, memory, balance, and more.
- Are You Not Active Enough?** – Make time to be active daily. Simple activities like walking or chores around the house help you avoid a sedentary lifestyle.
- Do You Have High Stress Levels?** – Chronic stress can raise cortisol levels, leading to issues with your immune system, digestion, and sleep. Stress can put you at risk of mental illness and is critical to address immediately.
- Are You Avoiding Learning New Things?** – Learning something new daily keeps your brain active and engaged. Take classes to learn something new, do crosswords, paint, write, or garden to keep your brain growing.

If you checked any of these boxes, making some simple lifestyle changes, including maintaining your hearing health with regular checkups can keep your brain mentally sharp. Making the right choices in your daily life can play a crucial role in your overall well-being as you age.

Vision Loss: A Comorbidity of Hearing Loss

Your eyes and ears work together as a team. However, research links vision loss as a comorbidity – one or more conditions occurring simultaneously – of hearing loss.

The brain works harder to compensate for vision loss, often impacting your ability to process sound. As a result, people with hearing loss are at a higher risk of developing visual impairment. Getting your hearing checked regularly is essential to improve your cognitive abilities and avoid the risk of vision loss.

Call today to schedule your appointment!



Comprehensive Ear & Hearing of Zeeland's Winter Hearing Health Event! February 24 - 28

Join us at this special event, and you will receive the following:

- **FREE HEARING SCREENING** – See if your hearing has changed at all since your last screening.
- **FREE** – Otosopic examination of your ear canal and ear cleaning.
- **Up to \$1000 off** – premium technology hearing aids
- **RISK-FREE 1 WEEK TRIAL** – call to schedule your appointment

Call (616) 772-1986 today to schedule your appointment.

Comprehensive
EAR & HEARING
of Zeeland

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Winterizing Your Hearing Aids

Tips to Protect & Keep Sound Clear



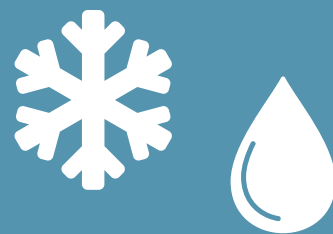
Keep your hearing aids dry. Humidity and moisture are not good for hearing aids. Wipe your hearing aids daily with a dry cloth and use earmuffs to cover them outside in cold weather.



Avoid severe cold temperatures. Rapid-changing temperatures can cause condensation to form in your ear, which can damage your hearing aid. To minimize the risk, you can temporarily remove your hearing aids and place them in a protective case to shield them from severe temperatures.



Regular Maintenance. Cleaning your hearing aids regularly will help keep them in good shape throughout winter. You can clean them with specialized tools or have a hearing care professional inspect them.



**Exclusive Winter Hearing Health Event offers just for you!
Call (616) 772-1986 to schedule your appointment today.**

\$1000 OFF

Receive up to \$1000 Off
a pair of premium hearing aids

Expires 2/28/2025

Cannot be combined with any other offers. *Cannot be used with 3rd Party Discount Programs.

BEST FINANCING

0% Interest for 12 Months

Expires 2/28/2025

<Cannot be combined with other offers. 3rd party insurance not included.>