

It's National Heart Month!

Heart Health

The inner ear is extremely sensitive to blood flow. Studies have shown that a healthy cardiovascular system - a person's heart, arteries, and veins - has a positive effect on hearing. Inadequate blood flow and trauma to the blood vessels of the inner ear can contribute to hearing loss.

Open Heart Surgery and Hearing Loss

Research has linked several surgical procedures to changes in hearing. It has been found that cardiopulmonary bypass surgery can lead to significant changes in hearing post operatively. There can be additional factors such as hypertension and genetics which can exacerbate the hearing loss.



Cardiovascular Disease Encompasses Many Conditions Including:

- Coronary Artery Disease
- Heart Attack
- Abnormal Heart Rhythms
- Heart Failure
- Heart Valve Disease
- Heart Muscle Disease
- Aorta Disease
- Vascular Disease



Risk Factors Which You Can Change to Reduce Your Risk Include:

- Stop Smoking
- Lower LDL "Bad" Cholesterol and Increase "Good" Cholesterol
- Control Hypertension
- Exercise
- Diet/Weight Loss
- Get Stress and Anger Under Control




Reduce Your Risk of Hearing Loss

Avoid other exacerbating factors which include:

- Tobacco Use
- High Blood Pressure
- Exposure to Loud Sounds for Lengthy Periods of Time
- Smoking
- Ototoxic Medications

Patients should consult their physician for all ongoing medical conditions, treatments or concerns.



Cardiovascular disease is the leading cause of death for individuals in the U.S.



Over 7 million Americans have suffered a heart attack.

Prevention Tips

- ✓ Get Active
- ✓ Control Cholesterol
- ✓ Eat Healthy
- ✓ Avoid High Blood Pressure
- ✓ Lose Weight
- ✓ Keep Your Blood Sugar Low
- ✓ Quit Smoking
- ✓ Reduce your risk of cardiovascular disease and have routine follow-ups with your primary care physician and cardiologist.

All information on this flyer is from:

1. Heart and Cardiovascular Diseases. (n.d.). Retrieved March 18, 2016, from <http://www.webmd.com/heart-disease/guide/diseases-cardiovascular>. 2. Radman, M., Bidaki, R., Sonbolostan, M., & Sadeghi, M. (2013). Sensorineural hearing loss in patients with coronary artery bypass surgery. *Advanced Biomedical Research Adv Biomed Res*, 2(1), 5. Retrieved March 18, 2016, from <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3732875>. 4. Nairaland Forum. (2015, May 6). Retrieved March 18, 2016, from <http://www.nairaland.com/2298502/healthy-heart-symptoms-heart-attacks-lifestyle>.

