

# DID YOU KNOW THAT DIABETICS ARE 2 TIMES MORE LIKELY TO DEVELOP HEARING LOSS THAN NON-DIABETICS?

\*(Annals of Internal Medicine, 2008; 149).

We urge you to take the time to determine your risk level for Pre-Diabetes, Type 2 Diabetes, and Hearing Loss, by completing the checklists below:



Join us in our office on March 27th  
or March 28th, in honor of  
American Diabetes Association  
Alert Day, for a

## COMPLIMENTARY HEARING SCREENING,

and to learn more about the link between  
hearing impairment and diabetes.

*Appointments are limited, so call today to schedule.*

*Refreshments will be served.*

To find out if you are at risk, write in the points next to each statement that is true for you.  
If a statement is *not* true, write a zero. Then add all the points to get your total score.

- |   |       |   |   |
|---|-------|---|---|
| 1. My weight is equal to or above that listed in the chart.                       | Yes   | 5 | — |
| 2. I am under 65 years of age and I get little or no exercise during a usual day. | Yes   | 5 | — |
| 3. I am between 45 and 64 years of age.   | Yes   | 5 | — |
| 4. I am 65 years old or older.  | Yes   | 9 | — |
| 5. I am a woman who has had a baby weighing more than nine pounds at birth.       | Yes   | 1 | — |
| 6. I have a sister or brother with diabetes.                                      | Yes   | 1 | — |
| 7. I have a parent with diabetes.   | Yes   | 1 | — |
|   | Total |   | — |

**Scoring 3 – 9 points** • You are probably at low risk for having diabetes now. But don't just forget about it – especially if you are a Hispanic/Latino, African-American, American Indian **and** Alaskan Native, Asian-American, and Pacific Islander. You may be at higher risk in the future.

**Scoring 10 or more points** • You are at a greater risk for having diabetes. Only your health care provider can determine if you have diabetes. At your next office visit, find out for sure.

\*Bainbridge HJ, Hoffman HJ, Cowie CC. (2008) Diabetes and Hearing Impairment in the United States: Audiometric Evidence from the National Health and Nutrition Examination Surveys 1999 to 2004. Annals of Internal Medicine 149.

## HEARING QUESTIONNAIRE

- ☐ Do you or your loved one have difficulty hearing in noise, such as noisy restaurants?
- ☐ Do people sound like they are mumbling?
- ☐ Do you or your loved one have difficulty understanding speech on the telephone?
- ☐ Can you or your loved one understand men better than women or children?
- ☐ Do you or your loved one seem to hear out of one ear better than the other?
- ☐ Do you or your loved one have difficulty hearing someone who is speaking in a whisper?
- ☐ Do you or your loved one turn up the volume on the TV?
- ☐ Do family members make comments about you or your loved one's ability to hear?
- ☐ Do you or your loved one frequently ask people to repeat themselves?
- ☐ Have you or your loved one been or are frequently exposed to loud noises?

### At-Risk Weight Chart Body Mass Index

Height	Weight
In feet and inches without shoes	In pounds without clothing
4' 10"	129
4' 11"	133
5' 0"	138
5' 1"	143
5' 2"	147
5' 3"	152
5' 4"	157
5' 5"	162
5' 6"	167
5' 7"	172
5' 8"	177
5' 9"	182
5' 10"	188
5' 11"	193
6' 0"	199
6' 1"	204
6' 2"	210
6' 3"	216
6' 4"	221

If you weigh the same or more than the amount listed for your height, you may be at risk for diabetes



# East End Hearing



*Life is calling... You deserve to hear it.*

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