

For Immediate Release for Community Press

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### Heart and Hearing Health

There's been lots of buzz in the news and on the internet promoting February as American Heart Month and National Wear Red Day on February 3, 2012. Heart disease is the number one killer in the United States. Men and women alike need to know their risks and take action today to protect their heart and hearing health.

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

The Place for Better Hearing will be participating in American Heart Month by offering FREE hearing screenings February 1 – February 10. "It's an opportunity to highlight the

connection that heart health has on hearing health and to empower people with that knowledge. People with heart disease should not have to contend with the additional toll that untreated hearing loss takes on their quality of life,” explained Laurie DeWine, Doctor of Audiology. “We’re raising awareness of the threat that heart disease poses and the connection between cardiovascular health and hearing health,” added Audiologist, Stefanie Godbey.

According to the National Heart, Lung, and Blood Institute (NHLBI), part of the National Institutes of Health (NIH), family history of early heart disease and age are two key risk factors for heart disease. Controllable risk factors include smoking, high blood pressure, high blood cholesterol, overweight/obesity, physical inactivity, and diabetes. If you are at risk for heart disease or have heart disease, get a FREE hearing check at The Place for Better Hearing: 922-0123. For more information about heart disease, visit [www.hearttruth.gov](http://www.hearttruth.gov) or call the NHLBI Health Information Center at 301-592-8573.

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