Chronic Conditions and Falls Risk: Ear Health

Learn the link between ear health and falls, and which falls prevention program is right for you.

Types of Ear Health Disorders



- Hearing loss
- Ringing, noise in ears
- Vestibular disorder*

Falls Risk Factors



- **Dizziness**
- Difficulty hearing commands or medical advice
- Poor balance

Solutions



- See a hearing specialist for hearing exam
- Balance training & vestibular rehabilitation**
- Avoid loud noise and wear hearing protection in noisy areas

Falls Prevention Program Options



Contact Information



Learn more at www.ncoa.org/falls. Stay independent. Stay falls free.

^{*}A problem with the inner ear balance structures or the brain structures that help with balance & coordination.

^{**}Therapy for people with vestibular disorder.