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SPEECH & HEARING RESEARCH NEWS

Study finds women with osteoporosis and low bone density are at increased risk of hearing loss

BOSTON, May 21, 2021 — Researchers at Brigham and Women's Hospital found the risk of subsequent moderate or worse hearing loss was up to 40 percent higher in study participants with osteoporosis or low bone density (LBD).

Bisphosphonates, commonly prescribed to reduce bone fracture risks, were not shown to alter likelihood of hearing loss

"Adult onset hearing loss is typically irreversible; therefore, CHEARS focuses on identifying potentially modifiable risk factors that may contribute to hearing loss," said study leader Sharon Curhan, MD.

Hearing loss is the third most common chronic health condition in the United States.

As part of the Conservation of Hearing Study (CHEARS), researchers from

Brigham and Women's Hospital analyzed data from nearly 144,000 women who were followed for up to 34 years.

They found that risk of subsequent moderate or worse hearing loss was up to 40 percent higher in study participants with osteoporosis or LBD. The study also found that bisphosphonates did not alter risk of hearing loss.

"Osteoporosis and low bone density may be important contributors to aging-related hearing loss," Curhan said.

Key point: "Building lifelong healthy diet and lifestyle habits could provide important benefits for protecting bone and hearing health in the future."

Source: [ScienceDaily](#)



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