

# 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