

Island ENT Presents

It's the Fall Season, so Let's Talk About Falling

Learn about the common event of falling and discover how to reduce your risk of falling this Fall season



Facts about Falls

- At least 1 out of 4 adults over the age of 65 fall each year.¹
- Of those who fall, 1 out of 5 will have a serious injury from the event.¹
- Past falls can also cause individuals to become less active due to a fear of falling again in the future.¹

How is Hearing Loss Connected?

- It has been found that those with even mild hearing loss have three times a greater risk of falling.²
- The connection between hearing loss and falls may be due to reduced environmental awareness when a patient has hearing loss or the increased cognitive load of patients with hearing loss.²

Ways to Keep Yourself from Falling in the Fall Season and Beyond

1. Have yourself evaluated by an ENT physician to determine the cause of your imbalance or dizziness.
2. If you have hearing loss, obtain appropriate amplification to improve your hearing.
3. If the cause of your imbalance is BPPV, or loose crystals in your ears that cause a spinning sensation (vertigo), you may be able to be treated in our office with maneuvers.
4. Follow the recommendations of your doctors whether that be through Physical Therapy or other treatment.



1. Centers for Disease Control and Prevention. (2023, May 12). *Facts about Falls*. Centers for Disease Control and Prevention. <https://www.cdc.gov/falls/facts.html>

2. *Hearing loss linked to three-fold risk of falling - 02/27/2012*. Johns Hopkins Medicine, based in Baltimore, Maryland. (2012, February 27). https://www.hopkinsmedicine.org/news/media/releases/hearing_loss_linked_to_three_fold_risk_of_falling