



Hearing Screening

Annual hearing screenings are one of the best ways to spot potential problems before they become lifelong struggles

The benefits of these tests include pinpointing problems that could lead to learning delays.

The U.S. Department of Health & Human Services reports that two to three out of every 1,000 children in the U.S. are born with a hearing problem or are deaf. This also includes individuals who lose more of their hearing as they get older.

The U.S. Centers for Disease Control and Prevention also note that nearly two-thirds of children who have a vision impairment will have at least one type of developmental disability. This could be intellectual disabilities, hearing loss, epilepsy, or cerebral palsy.

Minerals and vitamins have always played a critical role in our health and the effective functioning of our body. However, did you know food could actually influence your hearing? According to research, it can.

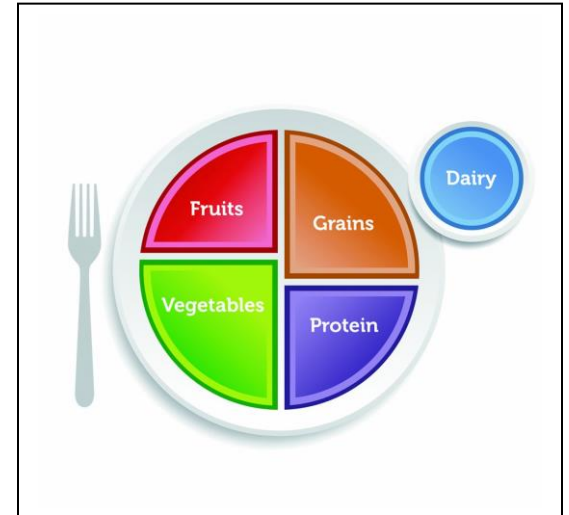
* <https://unitedtestingservice.com/2018/11/20/3-reasons-students-need-hearing-and-vision-screenings/>



MAGNESIUM-rich foods include fruit and vegetables, such as bananas, artichokes, potatoes, spinach, tomatoes and broccoli. Research has shown that magnesium can help to protect from noise-related hearing loss.

FOLIC ACID-rich foods include meats, asparagus, broccoli and spinach. Studies show that folic acid help to generate new cell growth. Research shows that it may also help to slow down hearing loss.

POTASSIUM-rich foods include bananas, avocados, potatoes, spinach, melons, milk, oranges, apricots, tomatoes, lima beans and yogurt. The inner ear is dependent on potassium. That part of the ear translates the noise we hear around us into impulses that our brain interprets as sound.



ZINC-rich foods include beef, pork and dark-meat chicken, cashews, almonds, peanuts, beans, split peas, lentils, dark chocolate, oats, popped quinoa, raisins, dried cranberries and coconut flakes. Zinc boosts the body's immune system and is responsible for cell growth and healing wounds. It can be helpful in warding off germs that cause ear infections.

A Healthy Diet Can Lower the Risk of Hearing Loss

