

# Smoking Effects on Your Hearing

## Know the Facts:

- Smoking damages and restricts blood flow through the vessels, including those in the ears.
- Smokers have a 70% increase risk of hearing loss and can lose their hearing up to 16 years sooner than nonsmokers.
- Tobacco smoke contains thousands of dangerous chemicals which can affect both the conductive mechanism in hearing the middle ear vibrations as well as the inner ear part of hearing (the hair cells).
- Chronic nicotine use impairs cognitive auditory processing or, in other words, the brain's ability to "hear" and interpret sounds.
- Quitting smoking is the most important way of safeguarding your health and preserving your hearing



**"Hang tough, don't puff!"**  
Aaron Lewis, Tobacco Treatment Specialist at Independent Living Resource Center of Northeast Florida

Source: "Cigarette Smoking and Hearing Loss ." Cigarette Smoking and Hearing Loss. Hear-It, n.d. Web. 07 Aug. 2013. <<http://www.hear-it.org/Cigarette-smoking-and-hearing->

## Why Join a *Quit Smoking Now* class?

- You double your chance of success with quitting
- No cost for classes
- 4 weeks of NRT provided free of charge

**When you are ready to quit, we are ready to help!**

## Need More Information?

- Contact your local Center for Independent Living. (Contact information on reverse side.)
- Visit [www.ahectobacco.com](http://www.ahectobacco.com) to find classes



Center	County	Address/Phone
Ability 1 <sup>st</sup>	Leon	1823 Buford Court, Tallahassee, FL 32308
Center for Independent Living of Broward	Broward	4800 N State Road 7 Bldg F suite 102, Fort Lauderdale, FL 33319
Center for Independent Living of Central Florida	Orange	720 North Denning, Dr. Winter Park, FL
Disability Achievement Center	Pinellas, Pasco	12552 Belcher Rd.S, Largo, FL 33773
Disability Resource Center	Bay	300 W. 5th Street Panama City, FL 32401
Independent Resource Center of Jacksonville	Duval	2709 Art Museum Drive, Jacksonville, FL 32207
Self Reliance Inc.	Hillsborough	8901 N. Armenia Ave, Tampa, FL 33604
Space Coast Center for Independent Living	Brevard	571 Haverty Suite W, Rockledge, FL 32955
Suncoast Center for Independent Living	Manatee, Sarasota	3281 17th Street Sarasota, FL 34235

To locate classes throughout Florida, use the statewide AHEC calendar located at

[www.AHECtobacco.com](http://www.AHECtobacco.com)

Or call us at 1-877-848-6696



Informed to Quit. Inspired to Quit.  
**I Quit with AHEC.**