



## EVALUATION OF THE IMPACT OF NUTRITIONAL FACTORS IN THE DEVELOPMENT OF HEARING LOSS

Gandacov Vladilena, Scientific Center of Medicines, SUMF "Nicolae Testemitanu"

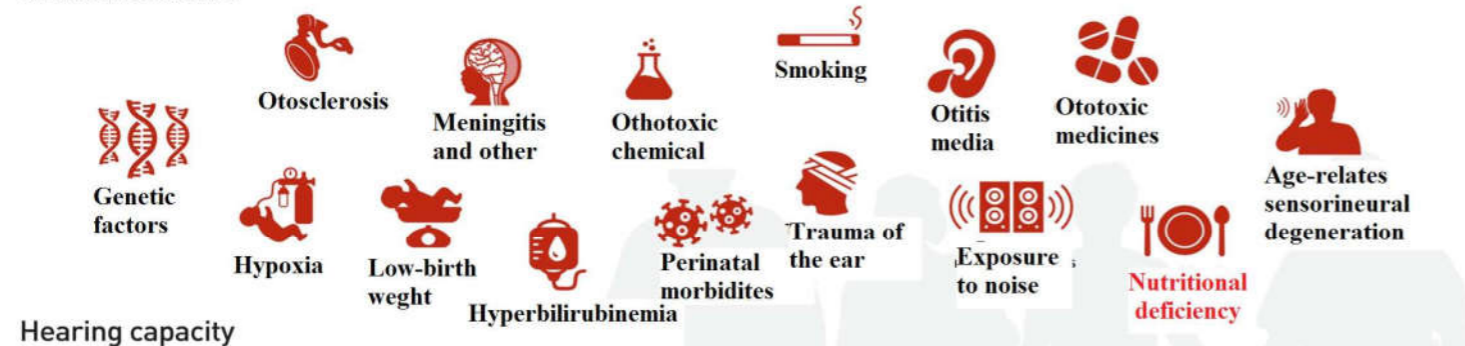
Valica Vladimir, Department of Pharmaceutical and Toxicological Chemistry, SUMF "Nicolae Testemitanu"

Uncu Livia, Department of Pharmaceutical and Toxicological Chemistry, SUMF "Nicolae Testemitanu"

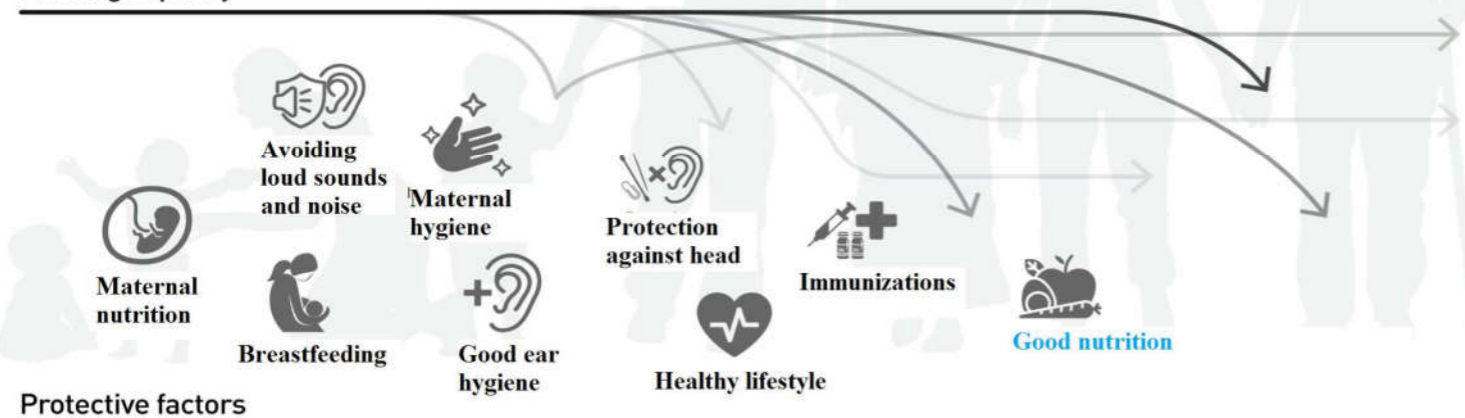
### Introduction

Hearing loss is decreased hearing acuity or represents any difficulty in perceiving sound. Hearing loss can result from:

Causative factors



Hearing capacity



Protective factors

### Purpose

Evaluation of nutritional factors and their impact in the evolution of hearing loss.

### Material and methods



More than 83 bibliographic sources have been evaluated.

### Results



Studies on the relationship between hearing loss and nutrition have reported an increased incidence of disease development with micronutrient deficiency, such as vitamins A, C, D and E, zinc, magnesium and iodine. An increased intake of carbohydrates, saturated fatty acids and cholesterol

affects the cochlear blood flow and hearing capacity, respectively. With age increases the formation of reactive oxygen species in the inner ear, with the need to supplement the diet with antioxidants. And the risk of developing hearing loss in childhood is increased in the case of nutritional deficiencies associated with iodine and thiamine.

### Conclusions

Nutritional factors can help to prevent and restore hearing damage before it develops into irreversible form

### Keywords

Nutrition, hearing loss, nutritional factors.

Studiu realizat cu suportul proiectului 20.80009.8007.14 „Cercetări complexe de elaborare a noilor produse farmaceutice antiinfecțioase autohtone pentru optimizarea farmacoterapiei afecțiunilor stomatologice, orofaringiene și auriculare”, din cadrul Programului de Stat (2020-2023), conducător de proiect: VALICA Vladimir, dr. hab. șt. farm., prof. univ., autoritatea contractantă: Agenția Națională pentru Cercetare și Dezvoltare.