

Eating fish may prevent hearing loss

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A new study published in the American Journal of Clinical Nutrition highlighted that two or more servings of fish per week could lower the risk of acquired hearing loss. A two decade long research conducted on 65,215 participants suggested that consumption of fish and higher intake of omega-3 fatty acids improved cochlear blood flow.

Dr Sharon Curhan, study author, said, "These findings suggested that diet may play an important role in preventing acquired hearing loss." She added that women who consumed fish at least twice per week, demonstrated a 20 percent lowered risk of developing hearing loss than women who seldom ate fish.

Dr Curhan explained that acquired hearing loss is a highly prevalent condition among women, which ultimately leads to chronic health disability. Though decline in hearing is considered to be an inevitable aspect of aging, the onset could be delayed by increasing the consumption of omega-3 fatty acids, she added.