

Studies included in this review examined the effects of magnesium supplementation on sensorineural hearing

Additional follow-up was not completed in any of the aforementioned studies. Attias et al. (2004) investigated temporary threshold hearing damage. Outcome measures were obtained immediately after noise exposure and subjects were followed until thresholds returned to baseline measures. It is critical that outcome measures be obtained directly following treatment cessation and that follow-up continue at regular

controlled population such as that used by Attias et al. (1994). In general, a prospective, randomized, double-blind, placebo-controlled experimental design is advised using the aforementioned recommendations.

Conclusion

The overall conclusion of this review is that magnesium supplementation is generally associated with a reduction in hearing damage caused by noise exposure and/or idiopathic sudden sensorineural hearing loss in adults. While this review appears to support magnesium supplementation as an innovative and immediate treatment for hearing loss, one must consider the procedural limitations and shortcomings that were highlighted. It is recommended that further research be completed to gather stronger evidence to support magnesium supplementation for the treatment of sensorineural hearing damage prior to beginning clinical trials.

References

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