

Hearing loss **linked** to risk of dementia

People who lose their hearing are at an elevated risk of developing Alzheimer's disease and other forms of dementia.

- 1/3 of dementia risk can be explained by hearing loss, though the connection is rarely considered
- Many people ignore hearing loss because it's such a slow and insidious process as we age
- **Hearing loss could be an early warning sign of dementia**
- Something as simple as being fit with hearing aids might delay the onset of dementia

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Mild hearing loss - **2 times**
more likely to develop dementia*

Moderate hearing loss - **3 times**
more likely to develop dementia*

Severe hearing loss - **5 times**
more likely to develop dementia*

What can be done?

- Avoid loud noise, and if that's not possible, wear some type of ear protection
- Avoid smoking, as smoking disrupts the blood flow to the inner ear, a significant contributor to hearing loss
- **Get your hearing checked!!** Awareness and education are vital. It is painless, takes no time at all and will be a permanent starting point against which to measure any future changes in your hearing
- If you do have hearing loss, consider hearing aids to improve the quality of the auditory signal to your brain
- If you already have hearing aids, have them checked regularly to ensure optimum function

If someone you know is suffering from memory or hearing difficulties, encourage them to have their hearing levels checked!



To learn more about hearing, hearing loss and tinnitus, visit
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