



HEARING LOSS: THE SILENT ROAD TO DEMENTIA

Brought to you by Audiologist, Dr. Maria Wynens

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HEARING LOSS & DEMENTIA

If you have hearing loss, you have a greater chance of developing dementia.

Hearing loss causes the brain to work harder, straining to hear and fill in the gaps at the expense of other operations like memory. People with hearing loss tend to be less socially engaged-limiting intellectual stimulation. This causes the aging brain shrinks more quickly.

800,000 people are diagnosed with dementia linked to hearing loss each year.

8 WAYS TO REDUCE RISK FACTORS FOR DEMENTIA*

1. Prevent & Treat Hearing Loss -20.6%
2. Get Educated About Aging -7.1%
3. Avoid Smoking -5.2%
4. Avoid Air Pollution -2.3%
5. Treat Hypertension -1.9%
6. Treat Diabetes -1.1%
7. Limit Alcohol -0.8%
8. Treat Obesity -0.7%

Half of what you CAN control is tied to hearing loss.

“ If you or a loved one are noticing trouble hearing, don't delay—prompt treatment can help you stay engaged in the world & avoid social isolation. Hearing loss is frustrating and exhausting, but it doesn't have to be. ”

**Schedule a time to check your hearing and regain control.
Call (404) 252-7528**

*Livingston G, Huntley J, Sommerlad A, et al. Dementia prevention, intervention, and care: 2020 report of the Lancet Commission. Lancet 2020;396(10248):413-46.



NOT TREATING HEARING LOSS IMPACTS LOVED ONES

When someone's hearing declines, they can't participate in conversations well. This leads to:

- Frustration with self and those trying to be understood
- Anger that loved ones won't try harder to understand
- Loved ones being angry they won't get their hearing loss treated
- Accusing loved ones of mumbling or deliberately not speaking loudly enough
- Shutting down or isolating from any type of family or social gathering
- Depression. Over time, this isolation can cause depression and separation among family members.

SIGNS THAT A LOVED ONE MIGHT HAVE HEARING LOSS

It's possible to see if a loved one has a hearing loss by noticing the following behaviors:

- Turning up the television
- Avoiding social gatherings
- Taking phone calls on speakerphone instead of holding the receiver up to the ear
- Asking people to repeat themselves, sometimes multiple times
- Being unable to follow a conversation if many things are happening in the room
- Not hearing quieter sounds like a doorbell, buzzing phone, or whining dog



3 WAYS TO CHECK A LOVED ONES HEARING WITHOUT THEM NOTICING

To see if a loved one might have a hearing loss:

1. Talk quietly to while behind them, with your back turned, or cover your mouth while speaking.
2. Have dinner in a noisy restaurant and sit beside them instead of across.
3. Turn the TV down to a low volume that is comfortable for you and see if they can follow.