

# ALZHEIMER'S / DEMENTIA

Health issues leading to hearing loss

HEARING LOSS IS NOW LINKED TO ALZHEIMER'S DISEASE AND STUDIES SHOW **RISK** OF DEMENTIA MAY INCREASE AS HEARING LOSS GETS WORSE

The risk of specifically developing Alzheimer's increased with hearing; the more severe the hearing loss, the more the risk. For every 10 decibels of hearing loss, the extra risk increased by 20%.

## ALZHEIMER'S AND DEMENTIA LINKED TO HEARING LOSS

According to several major studies, older adults with hearing loss are more likely to develop Alzheimer's disease and dementia, compared to those with normal hearing. Further, the risk escalates as a person's hearing loss grows worse. Those with mild hearing impairment are nearly twice as likely to develop dementia compared to those with normal hearing. The risk increases three-fold for those with moderate hearing loss, and five-fold for those with severe impairment. Specifically, the risk of dementia increases among those with a hearing loss greater than 25 decibels. For study participants over the age of 60, 36 percent of the risk for dementia was associated with hearing loss.

## THE BOTTOM LINE.

Generally speaking, hearing loss develops slowly. Our brain's own ability to compensate and adjust to gradual hearing changes makes hearing loss difficult to recognize. That's why it's extremely important to have annual hearing evaluations. Experts encourage people as young as 45 to have a baseline hearing screening. Catching and treating hearing loss early can slow, or stop its progression.

## SYMPTOMS OF HEARING LOSS

Hearing loss can be so gradual that a person may not notice it. Children and adults can experience hearing loss at any time. Ask the following questions to assess any risk for hearing loss:

- |   |                           |                          |
|---|---------------------------|--------------------------|
| Have your friends or family members complained that you're not listening?                     | <input type="radio"/> Yes | <input type="radio"/> No |
| Do you frequently ask people to repeat themselves?  | <input type="radio"/> Yes | <input type="radio"/> No |
| Do you complain that people are always mumbling?  | <input type="radio"/> Yes | <input type="radio"/> No |
| Do you have problems following conversations with more than two people?                       | <input type="radio"/> Yes | <input type="radio"/> No |
| Have people complained that you listen to the television or radio too loudly?                 | <input type="radio"/> Yes | <input type="radio"/> No |
| Do you have trouble understanding conversations in crowded rooms or loud or busy restaurants? | <input type="radio"/> Yes | <input type="radio"/> No |

If your patient answers yes to more than one of those questions, they should have their hearing tested immediately to assess the existing loss and prevent further damage.

HEARING TEST / SCREENING SHOULD BE PERFORMED AT

# 50+

OF AGE OR EARLIER

IF THE PATIENT SUFFERS FROM A RELATED HEALTH CONCERN



REFER YOUR PATIENTS FOR A HEARING TEST TODAY!



HOMETOWN  
HEARING CENTRE

