

HEARING

FACTS

- 15% of American adults have significant hearing loss.
- Hearing loss is more common amongst men, especially at younger ages.
- Hearing loss contributes to memory loss and dementia by:
 - Increasing the rate at which brain cells decline
 - Causing social isolation
 - Creating problems with balance
 - Using extraordinary amounts of cognitive resources trying to hear, making it unavailable to do other tasks
- The more severe the hearing loss, the higher the risk of memory impairment and dementia, according to a study from Johns Hopkins.

CAUSES OF HEARING LOSS

- Aging
- Genetics
- Excessive noise exposure, especially repeated loud sounds
- Medications
 - Chronic use of over-the-counter pain relievers
 - Chronic use of some antibiotics
 - Some chemotherapy drugs
- Head injury
- Chronic ear infections

TREATMENT FOR HEARING LOSS

Myths about hearing aids

- “My hearing’s not *that* bad.”
 - Many hearing aid-users wait 10 years before addressing hearing loss which may result in increased health risks and limited communication with others.
- “Wearing hearing aids means I’m old, and I’m not ready for that.”
 - Many people fear looking old.
- “I don’t like the way hearing aids look.”
 - Hearing aids are smaller and less noticeable than they once were. The whistling once associated with hearing devices is no longer present.
- “I heard that hearing aids are difficult to use.”
 - Hearing aids are easy to insert but usually require a short time period to adjust. Most retailers offer a trial period to make sure the user can adjust to the change.
- “Hearing aids cost too much.”
 - Hearing aids are becoming increasingly affordable, especially when purchased from membership warehouses, who provide the benefit of volume sales.

Facts about hearing aids

- An appointment with an audiologist is recommended to evaluate hearing loss and the need for hearing aids.
- New technologies have created hearing aids and adapters that can:
 - Act as a microphone for table conversation
 - Serve as an amplifier for television volume that does not affect others in the room
 - Offer the ability to listen to music, podcasts, audiobooks, phone calls, and GPS directions directly through the device