



1222 South Patterson Boulevard Suite 400
Dayton, OH 45402



- Untreated Hearing Loss & Cognitive Abilities
- Auditory Deprivation
- Impact of Hearing Loss on the Brain

For Appointments Call: (937) 999-2314

1222 South Patterson Boulevard Suite 400
Dayton, OH 45402

INSIDE
What's



HILLCREST HEARING & BALANCE CENTER

WINTER 2016

Untreated hearing loss and cognitive abilities

Protecting your hearing or treating a current hearing loss may be an important factor to keeping memory sharp. Studies show that impaired hearing may contribute to memory and thinking problems as we age. The findings, published in the American Medical Association Journal JAMA, add to growing evidence that hearing loss may be linked to memory problems, including an increased risk for dementia (Netzer, 2013).

Older adults with untreated hearing loss are more likely to develop problems thinking and remembering than adults with normal hearing. The study suggests that degraded hearing may force the brain to devote too much of its energy and resources to processing sound.

Adults with untreated hearing loss tend to develop a significant impairment in their cognitive abilities 3.2 years sooner than those with normal hearing. Those with a hearing impairment also experience a 30 to 40 percent greater decline in thinking abilities when compared to their counterparts without hearing loss (Lin, et al. 2013).

"Our results show that hearing loss should not be considered an inconsequential part of aging, because it may come with some serious long-term consequences to healthy brain functioning," says Johns Hopkins otologist and epidemiologist Dr. Lin.

Yours for better hearing,

**Audiologists, Dispensers & Staff of
Hillcrest Hearing & Balance Center**

Please schedule an appointment today at one of our four convenient locations: (937) 999-2314

**6601 Business Parkway
Centerville, OH 45459**

**1222 South Patterson Blvd.
Dayton, OH 45402**

**9000 North Main Street,
#319
Englewood, OH 45415**

**1861 Towne Park Drive, #H
Troy, OH 45373**



**www.hillcresthearing.com
(937) 999-2314**

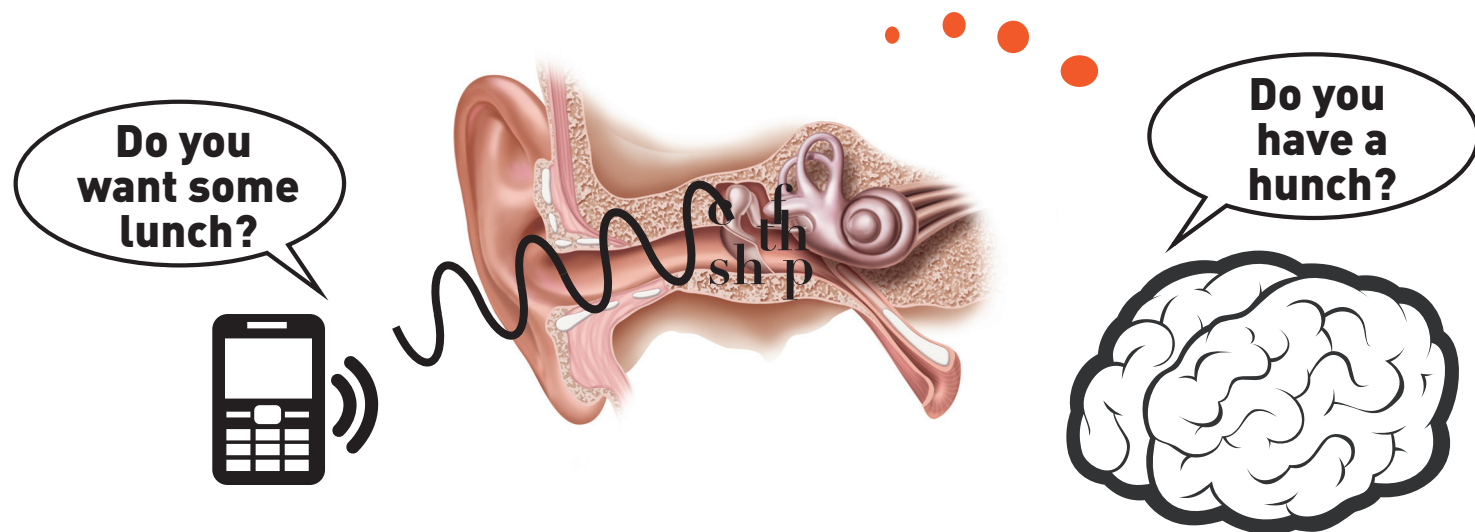
HEARING: THERE'S MORE THAN MEETS THE EAR

One of the most common situations in which patients report difficulty hearing is in the presence of noise. Each patient's degree of hearing loss impacts how well one hears in more challenging listening environments. Additionally, people process speech differently. This is known as 'Central Auditory Processing' (CAP). Actually, the ear doesn't hear, the brain does! CAP is the ability to hear multiple sounds at the same time (ex., someone talking while water is running, and the dog is barking) and is usually worse when listening in the presence of background noise. Typically, CAP abilities do not fully mature until we are 8-13 years of age, but these same skills can start to become an issue even by the age of 30!

Simply put, CAP is a skill that is dependent upon what your brain does with sounds. It is even possible to have "normal hearing," and have difficulty with CAP. The ability to separate speech from noise is not easy for everyone, but is especially pronounced with patients who have a central processing difficulty.

At this point, you are probably asking, can it be helped? Evidence shows the use of amplification can assist in minimizing the impact of central auditory processing issues. State-of-the-art technology is programmed by the audiologist to spontaneously identify speech, and within reason, make speech enhanced more than noise. In short hearing aids work to supplement what the brain cannot do on its own.

WE HEAR WITH OUR BRAIN, NOT OUR EARS.



We encourage you to take the first step to better hearing and make an appointment for a consultation.

Call (937) 999-2314 Today!

REASONS TO TREAT YOUR HEARING LOSS

COGNITIVE DECLINE

Adults with hearing loss **experience up to a 40% faster decline in cognitive abilities** compared to peers without hearing loss.

DEMENTIA

Seniors with hearing loss are **significantly more likely to develop dementia** than those who retain their hearing.



DEPRESSION

Adults with untreated hearing loss were **more likely to report depression, anxiety and paranoia** than peers who wore hearing aids.

MEMORY

Adults with hearing loss can experience **impaired memory, loss of ability to recognize and disorientation.**

