

## **Headline Choices:**

### **Hearing Aids and Healthy Hearing Help Stop Cognitive Decline**

### **Hearing Aids An Essential Treatment for Long-term Cognitive Health**

For many with a hearing loss, hearing aids have become an essential part of a healthy lifestyle by bringing back sound. Studies show that healthy hearing reduces the risk of Alzheimer's, dementia, and cognitive decline.

A twenty-five year study at the University of Bordeaux, France showed hearing aids helped preserve cognitive abilities. In fact, the study found people with hearing loss who used hearing aids were no more likely to suffer cognitive decline than those without hearing loss.

The study also looked at people with hearing loss who did not use hearing aids. The results, which echoed prior studies, showed a marked cognitive decline in people with a hearing loss who went unaided.

Studies also show there's still time to reverse damage for those who currently have hearing loss but haven't yet begun to use hearing aids. A recent study published in the journal *JAMA Otolaryngology-Head & Neck Surgery* showed that hearing instruments used alongside auditory rehabilitation helped reverse lower cognitive scores of people with a hearing-related cognitive decline. About 80% of those people with hearing loss had marked cognitive improvement after only one year of treatment.

Now that you know healthy hearing is tied so closely with cognitive health, perhaps it's time to make an appointment to schedule a hearing screening. Call our office today at ***[insert phone number]*** and our friendly staff will be happy to help!

## RESOURCES

<http://www.hearingreview.com/2015/10/new-study-shows-hearing-aids-reduce...>

<http://www.sciencedaily.com/releases/2015/05/150519104604.htm>

<http://www.aarp.org/health/brain-health/info-07-2013/hearing-loss-linked-to-dementia.html>

<http://www.businesswire.com/news/home/20151029005494/en/Long-Term-Study-Show-Wearing-Hearing-Aids-Reduces>