

Hearing matters

Treating hearing loss may help more than just your hearing

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Austin, Texas – Individuals who begin to experience problems with their hearing might also experience a higher risk for other medical and health conditions as well. In recent years, detailed studies have begun to show links between hearing loss and a multitude of other health issues. The chart at right from the Better Hearing Institute indicates a number of the more common links between how well a person hears and other health and lifestyle issues.

The Better Hearing Institute has been a leading advocate for hearing health for generations.

Some of the conditions are direct outcomes of hearing loss. Depression, anxiety and mental confusion all increase with greater hearing loss. When a person with hearing loss and dementia begins using hearing aids, the progression of the dementia is measurably slowed. Some health conditions like heart and kidney disease, along with diabetes, have a negative impact on hearing. Strokes and pain medication can also create a reduction in hearing.

When we grow up hearing, our brains rely on hearing for social interactions and interpersonal communication. Over time, our brain's health becomes linked to hearing. When you hear better, your brain is healthier.



GOLDEN HEARING RULE

On your voice mail, say "If your message is important, speak slowly and clearly so I can write down your information."



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