



Hearing Aids and Quality of Life



Overview

We tend to think of hearing loss as mainly a "hearing" problem. But it also affects your social life, often in ways you may not even realize. As communication becomes harder for you, you may get left out of conversations. You may get left out of groups. Gradually, you become more and more isolated. This isn't good for your brain or your emotional health. But hearing aids can change that. Let's look at some of the benefits.

Keeping your brain active

First, hearing aids help keep your brain active. They help your brain stay engaged with the sounds around you. This is an important part of brain health. In fact, wearing hearing aids can even lower your risk for dementia.

Keeping you involved

Next, hearing aids improve your ability to connect with others. When you hear what others are saying, you can take part in conversations. Hearing aids can help you navigate and enjoy noisy restaurants, concerts and other loud public places. They make it easier for you to form strong bonds with loved ones and friends. This helps you feel happier.

Keeping you active

And finally, hearing aids can help you stay active and safe. They may allow you to keep working at a job. They may help you live independently for longer.

Conclusion

If you have hearing loss, don't ignore it. Talk to your doctor or hearing specialist to find out if hearing aids are right for you.