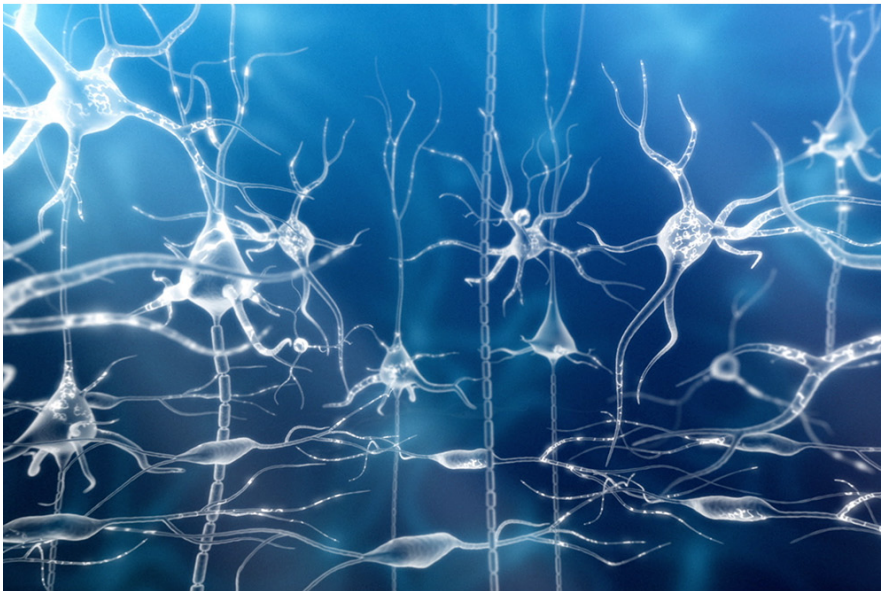




## Hearing Loss and Dementia



### Overview

If you have hearing loss, you know it leads to frustration and feelings of isolation. But did you know hearing loss may also put you at greater risk for dementia? Let's take a moment to learn why.

### Staying mentally sharp

When you can't hear clearly, you miss out on many conversations. You may find that it's hard for you to enjoy restaurants and other loud places, so you stop going to them. People around you may start to leave you out of group activities because it's hard to communicate with you. You also miss out on lots of other background sounds (things like chirping birds and passing cars) that constantly stimulate your brain. And without these sources of stimulation, your brain pays a price. Your brain becomes less active and engaged. And this can lead to dementia.

### Hearing aids can help

The good news is hearing aids can help. They help you hear more clearly. And when you hear better, you communicate better. That strengthens your bond with loved ones and friends. Hearing aids help you stay engaged with the world around you. By treating hearing loss early, you lower your risk for dementia.

### Conclusion

If you have symptoms of hearing loss, don't ignore them. Talk to your doctor or hearing specialist about treatment. Your brain will thank you.