



Brain Health & Hearing Loss

Hearing loss impacts more than you think

Research shows that adults with hearing loss are more likely to develop dementia than peers without – but that for those with hearing loss, wearing hearing aids reduces the risk of cognitive decline. Untreated hearing loss can contribute to social isolation, anxiety, depression, and cognitive decline.

Your hearing and your brain

Think of hearing as a partnership between your ears and your brain. When someone speaks or a sound is heard, your ears carry that signal to your brain, which processes those signals into words and sounds that you can understand.

With hearing loss, the signals coming to your brain are somehow interfered with or degraded, making your brain work much harder to process them. When more brain resources are used to understand sounds, other brain tasks like memory and comprehension can suffer.

Use it or lose it

Audiologists recognize a significant benefit to

early intervention with hearing aids. When you lose hearing ability over time, your brain actually “forgets” how to hear certain sounds.

What can you do?

If you suspect hearing loss, be proactive and schedule a hearing evaluation with an Audiologist. Treating hearing loss can help, and earlier is better! A 2020 report of the Lancet Commission on dementia prevention identified 12 risk factors that individuals could modify to help prevent or delay the risk of dementia. While smoking and physical inactivity were on the list, the single largest modifiable risk factor was hearing loss – with the recommendation that people treat it at mid-life.

A study done by Ray, G., et al. (2018) found that people with mild hearing loss who wore hearing aids had 88% less memory loss than those who did not wear hearing aids.



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