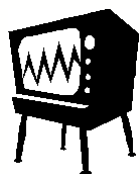




Is there a link between  
Hearing Loss and  
Dementia?

P1



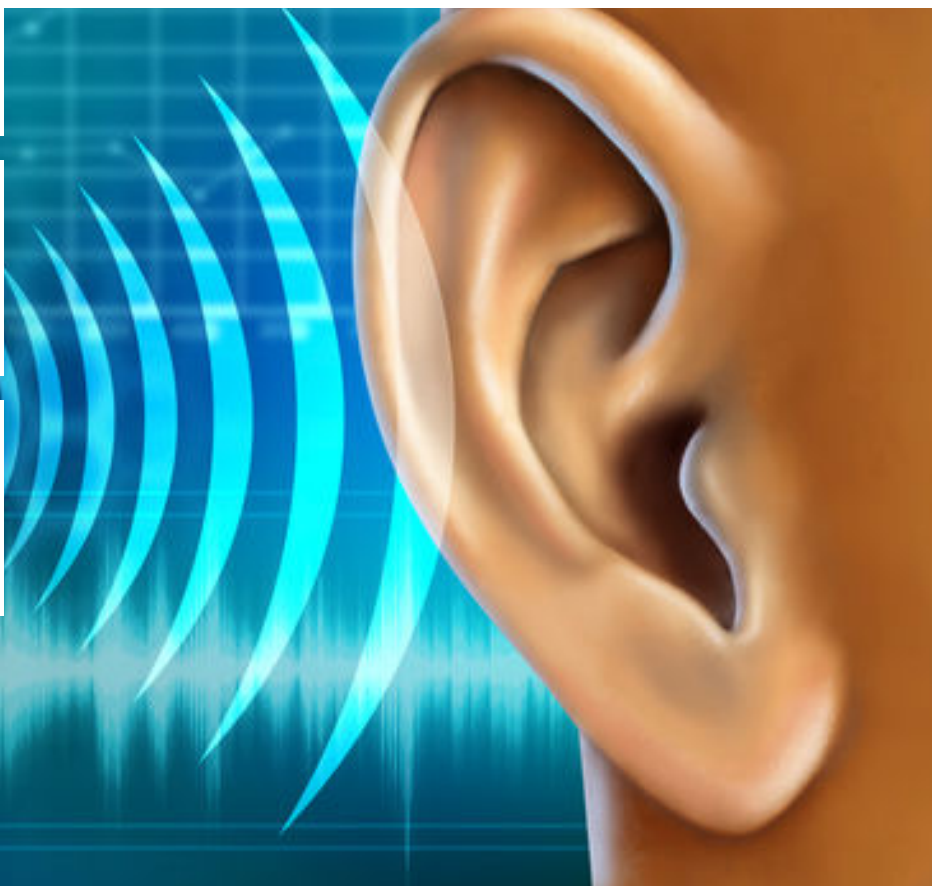
Do you have trouble  
hearing your television?  
We have some ways to  
help!

P2



May is Better  
Hearing Month

P2



# Sound Bytes

INFORMATION FOR YOUR EARS

## First Hearing Loss, Then Dementia

DATED 2/12/2013 FROM THE NEW YORK TIMES

Have you ever noticed that you are working so hard to hear that you forget to listen?

Dr. Lin is an otolaryngologist and epidemiologist at Johns Hopkins School of Medicine. Dr. Lin has published research articles in The Archives of Neurology reporting on the strong association between hearing loss and dementia. His research has found that more severe degrees of hearing loss are associated with an increase risk of developing dementia.

Why would hearing loss put an individual at risk?

The exact reason has yet to be determined, however; Dr. Lin feels that hearing loss leads to social isolation, which is a risk factor for dementia. He also feels that cognitive load may be a contributing factor. The term "cognitive load" is a phenomenon where the brain is pre-occupied translating the sounds into words that there is no processing ability left to search for the appropriate response. Some pathological causes of dementia, such as diabetes, high blood pressure, age and gender are also associated with hearing loss.

It has been suggested that utilizing hearing aids reduces the amount of effort put into listening.

Decreased listening effort frees up more cognitive resources to listen, understand and remember. Further research needs to be completed to determine if hearing aids can help reduce the risk of dementia. In the meantime, researchers are considering the value of utilizing hearing aids or alternative devices as a way to treat the early stages of dementia. Hearing aids may be identified as an early treatment for dementia patients with hearing loss. Regardless, hearing aids can improve quality of life and reduce social isolation for anyone with hearing loss. If you are having trouble hearing, consider having your hearing tested.



## How can you help improve this problem?

- There are adjustments that can be made to the audio to help increase the sound quality and clarity of the dialogue. To adjust the audio press the menu button and find the sound or audio adjustments. Make changes to the settings and experiment to find what makes the sound quality more audible.
- External speakers, whether surround sound or a sound bar, can improve the quality of the program by providing a rich and full signal. If you get a receiver and separate speakers you can increase the volume of the center channel where the dialogue is and reduce the interference by other noises, such as, music.
- Closed captioning can be activated on your TV, typically through the settings on the remote. This will activate a written display of the dialogue which can help with following the program.
- TV ears can be purchased and can be worn when watching a program. They send sound from the TV directly to the listener's ears, through headphones, making it easier to understand the program.
- Most current hearing aids now have the capabilities of being connected to an external device that can route the sound directly from the TV to the hearing aids to help with better understanding the program.

## Understanding TV Programs Bringing You Down?

Do you have difficulties hearing the dialogue on your television? You are not alone. Many people have this problem, even those with normal hearing. Televisions have small speakers that do not allow for a full and clear sound quality, which can make hearing the dialogue more difficult. Most programs and movies have music and noise in the background, which can also affect the clarity of the dialogue.

Utilizing assistive devices can make listening to television easier and more enjoyable. You can now listen at a more comfortable volume level without struggling to hear. For further information or questions regarding these tips, please contact your audiologist at (262) 549-5150.

**MAY IS  
BETTER HEARING  
MONTH**

AMERICAN ACADEMY OF AUDIOLOGY [WWW.HOWSYOURHEARING.ORG](http://WWW.HOWSYOURHEARING.ORG)

Professional Hearing Services wants you to celebrate the sounds in your life. If you are missing the sounds of life, struggling to hear in noise, hear ringing in your ears or question whether you have a hearing loss, come in for a hearing test. The audiologists at Professional Hearing Services look forward to seeing you in May!

