

Dementia & Hearing Loss

A recent study done at Johns Hopkins suggests that seniors with hearing loss are more likely to develop dementia than their normal hearing peers. They also found that the degree of hearing loss an individual has affects the likelihood of developing dementia. Those with mild, moderate and severe hearing loss were two, three and five times as likely to develop dementia as their peers respectively.

The reason for the link between the two conditions is not known. Investigators suggest that a common pathology may underlie both or that “the strain of decoding sounds over the years may overwhelm the brains of people with hearing loss. This may leave them more vulnerable to dementia”. Also, the social isolation that hearing loss can create may be an added risk factor for dementia.

This study did not look at the effect of hearing aid use on the risk of cognitive

decline and dementia. However, the new digital technology in hearing aids can certainly be used to address the loss of hearing sensitivity. Research shows that individuals with hearing loss wait on average **7 years** before acquiring hearing aids! This new study would suggest we need to encourage people to try hearing aids out sooner!

Communication Workshops

Once a month we are holding a communication workshop for our clients who wear hearing aids. This is an excellent opportunity for our clients and their spouse or family member to get a better understanding of hearing loss and the impact it has on day to day life. Jason Cheung, the newest member of our team, is conducting one and a half to two hour sessions on the last Friday of every month. He will discuss the nature of hearing loss, realistic expectations for hearing aid benefit, communication strategies for an individual

and their family and the advances in technology.

Our clients have found the information invaluable. It is often a relief for them to have their family hear about the difficulties they have and what can be done to assist them.

Lynne Burdett and Janet Michaud have been serving the Brampton community for the past 23 years, first at Peel Memorial Hospital and for the past 16 years in private practice.

Peel Audiology & Hearing Aid Services is a full time clinic providing complete audiological assessments for all ages including hearing aid evaluations and fittings. We offer all makes and models of hearing aids from basic to the most advanced digital technology. All hearing aids are purchased with a minimum 30 day trial period.