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IMPROVING MEMORY AND BRAIN FUNCTION

It is already known that hearing-impaired adults can improve their mood, social lives, and quality of life by availing themselves of the use of a hearing instrument. The most recent research now also reveals that, by getting fitted with a hearing instrument, hearing-impaired individuals can improve their memory and brain function. Without the help of a hearing instrument, people spend a great deal of their brain power trying to focus on what people are saying. This effort compromises their performance at work or, at the very least, leaves them exhausted from trying to make up for their hearing deficiency. Researchers found that, after two weeks of use, a hearing instrument helped users process information better and remember more.

TIP OF THE WEEK

If you know that you are experiencing difficulty with your communication abilities, but are not sure of what to do next, contact an audiologist to have a comprehensive hearing evaluation performed. The audiologist will be able to diagnose any hearing loss present and make recommendations on how to proceed next.

P.S. Hearing loss affects more than 9 million Americans over the age of 65 and 10 million Americans ages 45 to 64, but only about 20% of the people who need hearing instruments actually wear them.

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