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HARDLY INCONSEQUENTIAL

While some persist in viewing hearing loss as an inconsequential part of aging, significant hearing impairment has been linked with substantial physical, psychological, and social ramifications. These consequences include isolation, loneliness, depression, anxiety, falls and other accidents, and increased mortality rate. In addition to increasing friction between friends, workers, and family members, hearing loss contributes to cognitive decline and dementia. It is believed that hearing loss may compromise memory because additional effort is required to process auditory information. It is also possible that hearing loss and cognitive decline are both caused by shared factors, which means that both become simultaneously impaired. These are hardly inconsequential matters. Hearing impairment merits attention in terms of both diagnosis and treatment.

TIP OF THE WEEK

If you experience any symptoms of depression, anxiety, added stress, withdrawal, isolation, or cognitive decline, talk to your healthcare provider about having a comprehensive hearing evaluation performed.

P.S. Some research suggests that wearing a hearing instrument not only improves hearing, but also facilitates social interaction, reduces depression,

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