

Link Between Alzheimer's and Hearing Loss

by NEWLIFEOUTLOOK TEAM

Is Hearing Loss a Warning Sign of Dementia?

Hearing loss is very common as we age, but did you know it could also be an indication that Alzheimer's or another form of dementia may be on the way?

By 65, around one in three people have experienced some hearing loss. When you lose your hearing certain nerves in your brain become less active, resulting in reduced overall brain activity, which increases your likelihood of developing dementia.

If you are concerned you may be losing your hearing, see your doctor about possible solutions.

Staying as active as you can, both physically and mentally, is the best way to reduce your chances of developing Alzheimer's. Getting regular exercise like walking for 30 minutes every day and keeping your brain ticking with things like learning new skills and doing puzzles can help keep you sharp.

Read on to learn more about Alzheimer's and hearing loss.

From MD Hearing Aid



The Link Between Alzheimer's and Hearing Loss

Looking at the Numbers

Hearing Loss

Alzheimer's



More than **5 million** Americans are living with the disease.



Every **67 seconds** someone in the United States develops Alzheimer's.



The Most Common Symptoms of Both





As Hearing Loss Increases, So Does Your Dementia Risk

Brain and Hearing

How We Hear Sound travels into the ear and stimulates small hair cells

From the brain stem, the electrical impulses travel to the temporal lobe, just above the ear

Brain Activity & Hearing Are Related

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The Effects of Hearing Loss on the Brain (()



The less hair cells, the harder it is to capture sound

We listen with our ears but hear with our brains"

Dangers of an Inactive Brain



How You Can Help



If you are concerned about a loved one If you are concerned about a loved one who is experiencing any of the symptoms mentioned above, talk to a doctor about testing for hearing loss. In several studies, even patients with Alzheimer's showed improved ability to understand and communicate after they were fitted with hearing aids.



