

THE BENEFITS OF USING *HEARING AIDS*

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If you have been recently diagnosed with having hearing loss and are considering the idea of obtaining hearing aids, you would want to start by considering whether the pros outweigh the cons in your situation as well as for your hearing difficulties.

A person with hearing loss who do not wear hearing aids have an accelerated risk of mental decline and increased hearing difficulties as the cochlea (the hearing organ) and auditory pathway (the sound route to the brain) are not receiving the audible stimulation required to understand messages heard.

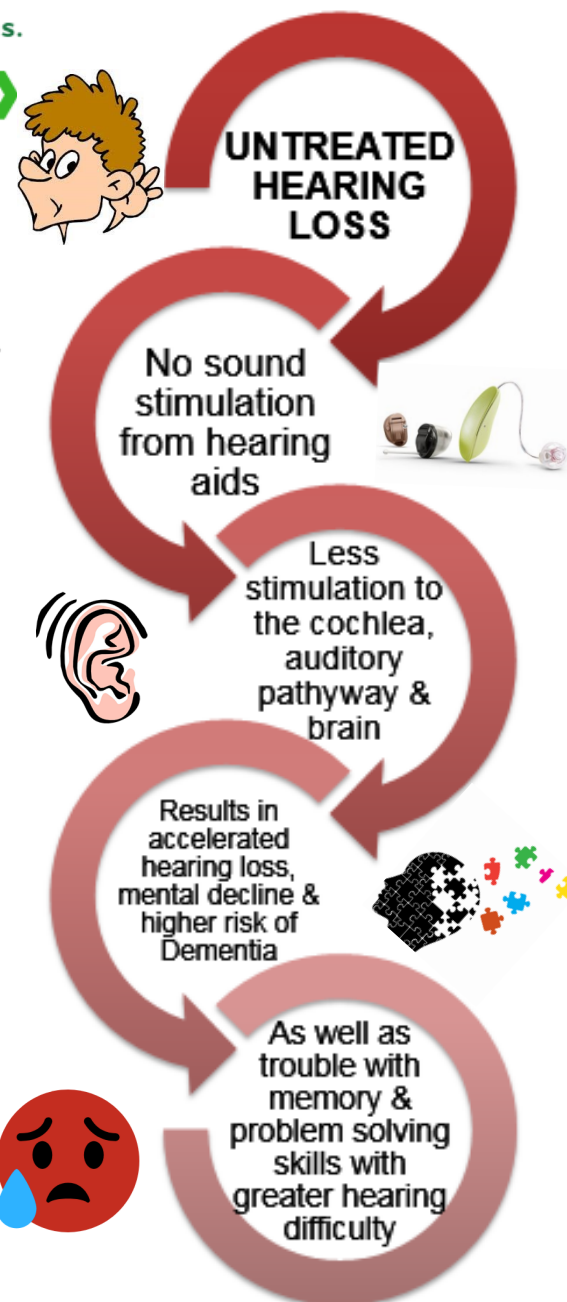
Current research shows that there is a higher risk of accelerated cognitive decline due to withdrawal from social activities for individuals with hearing loss who do not actively use hearing aids.

It's widely known that as we get older, most of us experience some decline in our cognitive abilities. We tend to forget things, it takes longer to learn new concepts and it's harder to concentrate and focus. This decline is a normal part of aging. We can't stop this but we can slow this process down.

"According to the research, the single most important thing we can do to maintain cognitive function is to stay mentally engaged. This is achieved through an active social life with friends, family and colleagues. Healthy hearing is a key part of staying involved with people and the world around us. As we age, for many of us, our hearing ability along with cognition declines "

How do we help this?

Through active hearing aid usage!





Unfortunately, the ageing process indeed affect one's hearing abilities. It has also been proven that in the case of a pre-existing hearing loss, the further degeneration of the hearing will occur at a more rapid rate as the age increases.

Hearing aids are prescribed as a preventative measure as their purpose is to stimulate the auditory pathway and the brain. Through this, the major functions of the cochlea and the brain are preserved. This ensures that the hearing loss does not aggressively deteriorate.

The currently available hearing aid technology will enhance and improve overall hearing abilities especially in those difficult to hear environmental situations which are problematic. Improving the clarity of conversational speech is the main priority of hearing aids.

INTERESTING FACT:

Researchers discovered that people with hearing loss, using hearing aids, and were socially active experienced the same rate of cognitive decline as those with normal hearing.

Amieva et al. 2015

Deciding on accepting a hearing aid is the best step to take as they need a period of adaptation. By starting your hearing aid process sooner rather than later you already benefit yourself as well as your hearing. This will overall avoid high levels of frustration.

ACT NOW!

HAVE YOUR HEARING TESTED!