

# THE HEARTBEAT

## Hearing Loss and Dementia

A research study associated with Johns Hopkins Bloomberg School of Public Health, Baltimore, Maryland, found moderate to severe hearing loss was associated with higher prevalence of dementia compared with normal hearing; this study tested over 2,000 participant's hearing with four frequencies common in normal speech. The participants were considered to have dementia if they received a low score in 1 or more cognitive domain (memory, orientation, executive function), had a self- or proxy-reported dementia diagnosis, or had an AD8 Dementia Screening Interview score indicating dementia. The results revealed that hearing aid use is associated with lower levels of dementia, highlighting the importance of hearing aids and hearing care.



Visit your audiologist for yearly hearing screenings, recommended for ages 60+

Clean your hearing aids often and change the filters once a month, if applicable

<https://jamanetwork.com/journals/jama/article-abstract/2800197>