



# HEARING AIDS HELP AMERICANS LIVE LONGER: STUDY FINDINGS EXPLORED

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[A recent published study](#) suggests that hearing aids could help Americans live longer. Hearing loss is associated with various health issues such as social isolation, balance problems, dementia, depression, and other comorbidities. Untreated hearing loss can result in auditory deprivation, which causes the brain to slow down its processing ability of sounds, and can contribute to cognitive decline. The use of hearing aids may not only help Americans live longer but also lower the risk of depression and dementia, potentially improving overall health and life span.

In our Prescott clinic, we frequently see patients dealing with various stages of dementia or cognitive decline. One concerning issue we often observe is people becoming socially isolated when they struggle to hear well. Educating our patients about the health impacts of untreated hearing loss is extremely important to us.

There are multiple comorbidities related to hearing loss – which can lead to earlier mortality – such as isolation, falling and balance, depression, diabetes, cardiovascular disease, cognitive decline or even dementia. Like the USC Keck Medicine study showed, delaying the onset of these health issues can increase life expectancy.

Arizona has a significant number of Alzheimer's patients. In fact, cases are predicted to rise 33% through 2025, which is the fastest in the country. This is why it's important to educate Prescott residents about the implications of untreated hearing loss and the connection between cognitive impairment as well as other conditions like heart diseases, diabetes and more, as new research becomes available.

We encourage our patients to remain engaged in community activities to help prevent isolation, which we know can contribute to cognitive issues. Whether an individual suspects minor hearing loss or significant damage, it is crucial for everyone to consider new data when exploring treatment options, like the study from Keck Medicine of USC.

Regardless of the extent of hearing loss, it is important for individuals over 55 to undergo a hearing screening to establish a baseline for the future. This provides patients and hearing care professionals with a head start in addressing any potential cognitive decline or comorbidities caused by hearing loss. We encourage patients or anyone who suspects they may have hearing loss, no matter the degree, to get their hearing checked.