



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

