

THE HEARING AND MEMORY PLAN

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For anyone who has noticed their hearing slipping, or loves someone who has, and wants to protect their memory.

1 in 3

Have hearing loss
among adults 65 to 74 (NIA)

5x

Higher dementia risk
with severe loss (Johns Hopkins)

~50%

Less cognitive decline
with hearing aids in higher-risk
adults

Hearing loss is one of the most common conditions of later life, and one of the most overlooked. Research now links untreated hearing loss to faster memory decline and higher dementia risk. The reassuring part is that, unlike your genes or your age, hearing is something you can measure and treat.

What the evidence actually says

1

Johns Hopkins tracked 639 adults for nearly 12 years: mild hearing loss doubled dementia risk, and severe loss raised it fivefold.

2

The NIA reports hearing loss affects about one in three people aged 65 to 74, and nearly one in two after 75.

3

Memory and concentration decline faster in older adults with hearing loss than in those who hear normally.

4

A straining brain, faster brain shrinkage, and social isolation are the leading explanations for the link.

5

In a clinical trial, hearing aids cut cognitive decline by about half in adults at higher risk.

Your 3-step plan

1 Step 1: Get a Baseline Hearing Test

If soft or high-pitched sounds are hard to catch, or you often ask people to repeat themselves, book an audiologist. Most people wait about ten years to act, and there is no reason to.

2 Step 2: Treat Loss Early, Not Eventually

Today's hearing aids are small and effective, and Johns Hopkins says there is no downside to trying them. Treating loss early keeps you in conversations and may help protect memory.

3 Step 3: Protect the Hearing You Still Have

Limit loud-noise exposure, wear ear protection around power tools and concerts, and ask your provider whether any of your medications affect hearing.

The safety line

This guide is educational and is not a substitute for your clinician. Hearing loss and memory changes have many causes. See an audiologist for a hearing test and your doctor for any concerns about memory.

Read the full article: <https://www.agelesscoach.com/articles/your-hearing-loss-may-be-feeding-memory-decline>

These statements have not been evaluated by the Food and Drug Administration. This guide is educational and is not medical advice, and is not intended to diagnose, treat, cure, or prevent any disease. Talk with your clinician before changing any supplement or medication.