

# NEWSLETTER

## HEARING AIDS COULD SLOW COGNITIVE DECLINE IN LATER LIFE

Dementia is the greatest global challenge for health and social care in the 21st century. We know that the number one risk factor for dementia is aging; however, dementia is not an inevitable consequence of aging. In fact, there are risk factors for dementia where midlife hearing impairment is one of them.

In fact, hearing loss is associated with a 24% increased risk of cognitive impairment compared to normal hearing<sup>1</sup> and compared to those with normal hearing, individuals with a mild, moderate, and severe hearing loss have a 2-, 3-, and 5-fold increased risk of dementia<sup>2</sup>.

Approximately 32% of individuals aged 55 years or older have a significant hearing impairment. The intriguing possibility is whether it might be possible to reduce the number of cases of dementia by treating hearing impairment. We at Markham Hearing Centre understand that hearing aids are very effective in improving quality of life and communication. The finding of a reduction in rate of cognitive decline following hearing aid use suggests that effective identification and treatment of age-related hearing impairment early may have a significant impact on age-associated cognitive trajectories and possibly reduce the incidence of dementia<sup>3</sup>.

It is Markham Hearing Centre's conviction that improved hearing can improve the quality of life. Research is starting to note that hearing loss is not the inability to hear (a sensory failure) but the inability to assign accurate and correct meaning to sound (which is a cognitive process). We believe that hearing aids can improve mood and increase social interactions, quality of life, daily function and so much more<sup>4</sup>. Thus, if you have a patient that you are concerned about, please do not hesitate to make an appointment with one of our experienced Audiologists for a free consultation<sup>5</sup>. We at Markham Hearing Centre believe that addressing hearing loss should not be an afterthought but rather if treated more proactively it can deter inherent effects it has on cognition. All adults over the age of 55 years should be referred for a diagnostic Audiological Evaluation. The earlier a hearing loss is diagnosed, the earlier it can be treated. Patients with dementia should be encouraged to be screened for hearing loss as part of any assessment of cognitive function. If a hearing loss is found, assistive technology such as hearing aids can make a big difference in improving the essential cognitive functions, and overall quality of life.

1. Lin FR et al. JAMA Intern Med 2013; 173:293-9; 2. Lin FR et al. Arch Neurol. 2011; 68(2): 214-220; 3. See Hearing Review 2019, issue 1; 4. Sarampalis A et al. J Speech Lang Hear Res. 2009; 52(5): 1230-1240; 5. See Journal of American Geriatrics Society, Vol. 65, Issue 9, 2017.

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**Markham Hearing Centre**



# WHEN TO CONSULT AN ENT VERSUS AN AUDIOLOGIST

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Hearing is a complex sense, so it is no wonder that we sometimes have trouble deciding which type of professional to see for different hearing issues. An Ear, Nose and Throat (ENT) physician is a doctor who specializes in diagnosing and treating diseases of the ear, nose, mouth, and throat. In contrast, an audiologist is a hearing healthcare professional who specializes in the diagnosis and treatment of hearing loss. Audiologists have extensive knowledge of the human auditory system and are specially trained in how to accurately fit and adjust hearing aids.

Based on the above distinctions, you would want to first seek out an audiologist if you have noticed a change in your patients' hearing or if they have been struggling to understand people in day to day situations. A decrease in hearing can manifest itself in many ways, for instance, asking people to repeat themselves, having more trouble hearing in crowds, having difficulty with women or children's voices, or tinnitus (a ringing in the ears). We can also seek help from an Audiologist if we are concerned about a child's speech and language development.

In comparison, we would want to seek help from an ENT physician if your patients' have a sudden drop in hearing; if they are experiencing balance issues or ear pain; if the child has otitis media; or they have had

trauma to the head or ear.

The Audiologists at Markham Hearing Centre provide comprehensive hearing health care to patients. We are also very fortunate to have 2 very competent ENT doctors (Dr. Jeffrey Werger and Dr. Dupe Oyewumi) who work in the same facility. We work together to ensure a complete approach to hearing health as well as a high standard of care for all patients.

If you have any questions or concerns, or would like us to provide you with a short presentation on our services, please do not hesitate to contact us at 905-471-4479. Let your patients regain their lives through better hearing and find out for themselves how much better life can be.

# OUR PROMISE TO YOU

We provide with a wide range of hearing health care services for individuals of all ages. Our staff are skilled in the areas of childhood hearing loss, adult diagnostic procedures, hearing aid selection and provision, assistive listening technology, listening skills related to learning disabilities, and development of effective communication skills through aural rehabilitation.

- Assessment, Diagnosis and Treatment of Hearing Disorders for Adults and Children
- Dizziness Evaluation and Treatment
- Prescription of advanced Digital Hearing Aid Technology by all Hearing Aid Manufacturers
- Aural Rehabilitation and Counseling, including Assistive Listening Devices
- Counseling and Rehabilitation for Patients and Families
- Custom Made Ear-Plugs for Swimmers, Sports Enthusiasts, Musicians, Pilots, Industrial Workers, etc.
- Real Ear Measurement
- Tympanometry
- Otoacoustic Emissions
- Hearing Aid Repair and Adjustments
- Central Auditory Screening for ages 5-11 years of age
- We are registered providers to VAC, WSIB, ODSP and ADP



## HEARING STATISTICS:

Hearing loss is the fastest growing chronic condition facing Canadians today. Age related (Presbycusis) and noise induced hearing loss (NIHL) are two of the most common causes of hearing loss. Here are some other factors to consider:



According to Statistics Canada over one million adults reported having a hearing related disability, which is 50% greater than the number of people reporting problems with their eyesight.



Hearing loss is two times as common in adults with diabetes as in those without diabetes.



Research has revealed that there is a greater risk of falling with hearing loss, and the risk of falling increases with the severity of the hearing loss.



More than 40% of people over 50 years old have hearing loss.



Approximately, 90% of hearing losses can be treated with the use of hearing aids.



# MARKHAM HEARING CENTRE TURNS 14! MEET THE MARKHAM HEARING CENTRE STAFF

It starts with a simple call to **Stephanie Connors**, our administrative assistant. She will assist you in understanding what to expect when visiting our Centre. Stephanie enjoys working directly with our patients to help expedite their hearing healthcare needs.

Meet **Brad Morse** – Brad brings an extensive knowledge and proficiency of hearing aid technology and clinical support to the practice. He strives to make each patient's experience authentic and informative.

Meet **Patricia Robichaud** – Patricia is our newest member of our Markham Hearing Centre family. She brings over 20 years of experience which truly allows her to ensure the best quality of service to each patient. She enjoys working with hard of hearing people and believes that it is very important to listen to the clients with patience, educating them about their hearing loss

and helping them hear better in order to increase their quality of life.

Finally meet **Stephanie Bergman** – Stephanie is our clinic manager. Stephanie is a firm believer that today's hearing aid technology cannot only improve the patient's hearing but also their mental and physical health; better relationships with family and friends and greater independence and safety. At the end of the day the most important factor is that the patient is educated on their hearing loss and to help them live their life to their fullest potential with what hearing they have.



Brad Morse



Patricia Robichaud



Stephanie Bergman



**Free Parking**



## Markham Hearing Centre

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**Email:** [info@markhamhearing.ca](mailto:info@markhamhearing.ca)

**Phone:** 905.471.4479

## Hours of Operation

Monday	8:30am-5:00pm
Tuesday	8:30am-5:00pm
Wednesday	8:30am-6:30pm
Thursday	8:30am-5:00pm
Friday	8:30am-1:00pm
Saturday	9:00am-3:00pm
Sunday	Closed