

Mayo Clinic Minute:

The hearing loss and dementia connection

Video	Audio
Colin Driscoll, M.D. Otorhinolaryngology Mayo Clinic	"We've always thought of hearing loss as just, 'Ah, it's one of those things that happens as we get older.'"
Vivien Williams	But Dr. Colin Driscoll says hearing loss can start a cascade of health issues, including making symptoms of dementia worse.
Colin Driscoll, M.D.	"If you have hearing loss, now you're devoting more and more of your cognitive ability to trying to understand what's being said. My brain is working over time to sort the words out and understand the sentences. So it's not causing Alzheimer's disease or a structural dementia in that way, but it's leading to a change in your cognitive ability."
Vivien Williams	Dr. Driscoll says most hearing loss can be improved with hearing aids or cochlear implants.
Colin Driscoll, M.D.	" We know improving hearing decreases the risk of social isolation, depression — which we know are connected with falls, hypertension, diabetes, cardiovascular disease."
Vivien Williams	A simple hearing test followed by proper interventions can improve your quality of life and your health.
	For the Mayo Clinic News Network, I'm Vivien Williams.