

The benefits of wearing a hearing aid

Wearing a hearing aid or hearing aids regularly can result in many benefits other than just improved hearing.

We hear with our ears but we listen with our brains. When hearing loss is untreated some nerves that connect the ear to the brain can become weak because they are no longer being used. This can make listening much more difficult.

Regular use of hearing aids can result in:

> **Improved listening skills**

Wearing hearing aids regularly in all listening environments will help the brain improve its ability to process sounds. Noisy environments with background noise can be difficult to manage for most people with hearing loss; however, research shows that with regular hearing aid use, this can become easier.

> **Reduced progression of cognitive decline**

If hearing loss is untreated the nerves connecting the auditory system and the brain can become weak and sometimes stop working completely. Recent research has shown hearing loss as a

risk factor in developing dementia. Hearing aids can help reduce this decline.

> Help manage Tinnitus symptoms

Hearing aids are an effective tool to help manage tinnitus. Hearing aids can reduce the strain on the ear and help the auditory system retrain to process environmental and speech sounds again.

> Improved quality of life

Hearing loss can result in social isolation. People who find it difficult to communicate can avoid some noisy situations. Studies show that hearing aid use can improve social and emotional wellbeing.

> It gets easier!

Maximum benefit from a hearing aid is only obtained with regular use. The more you wear your hearing aid the easier it becomes.

INFORMATION SUPPLID BY NHS LANARKSHIRE