

Hearing Loop

NEWSLETTER



Social-emotional well-being
and adult hearing loss

Association between
hearing aid use and dementia

Dear partner,

Welcome to the summer edition of our ENT Update. In our current issue, you will learn more about new horizons in holistic health promotion for hearing healthcare, clinical recommendations on social-emotional well-being and adult hearing loss, and the possibilities that AI opens up in hearing aid technology. You will also read all about common myths on hearing loss and hearing aids, and how hearing loss can affect the quality of sleep.

Enjoy the read!

The Triton Hearing Team

FOCUS TOPIC

Social-emotional well-being and adult hearing loss: clinical recommendations

Best-practice in audiological rehabilitation takes a holistic client and family-centered approach and considers hearing care in the context of personal well-being. Recently, the awareness has grown that hearing loss does not only affect the ability to hear, but also the ability to communicate, which can have a negative impact on our social and emotional wellbeing.

Evidence-based 5-step plan

Reviewing current research and expert opinion, a team of authors around Barbara Timmer from the University of Queensland has compiled an evidence-based 5-step plan which includes:



- identifying the client's social-emotional well-being
- including family members in audiological rehabilitation
- incorporating social-emotional needs and goals in an individualized management plan
- relating identified hearing needs and goals to rehabilitation recommendations,
- using counselling skills and techniques to explore and monitor social-emotional well-being.

Read
the full
guide.



RESEARCH

Darling – a hearing aid that will think for itself thanks to AI

Following conversations in loud environments is not easy for those affected by hearing loss; they often feel lost in the mishmash of noise. «Darling», an AI research project by the Lucerne University of Applied Sciences and Arts (HSLU) and Sonova, explores how artificial intelligence (AI) could be leveraged to bring hearing aid technology to the next level.

The idea: The devices are to determine those audio signals that are relevant to the wearer

based on statistical data. The rest will be filtered out by an algorithm. While still in the lab research state, the project holds the potential to significantly improve the quality of life of hearing aid users.

Learn
more.





Association between hearing aid use and all-cause and cause-specific dementia

Dementia and hearing loss are both highly prevalent conditions among older adults. In a study recently published by The Lancet, a team of researchers has analyzed the UK Biobank cohort to assess whether hearing aid use was associated with decreased risk of dementia in people with hearing loss. Leveraging the cohort of over 500 000 volunteers aged 40–69 years, the researchers found out that people with hearing loss without hearing aids had an increased risk of all-cause dementia, while there was no increased risk in people with hearing loss with hearing aids. The positive association of hearing aid use was observed in all-cause dementia and cause-specific dementia subtypes. These findings add to a number of recent studies supporting the thesis that hearing aid use can reduce the risk of cognitive decline.

Learn more.



STUDY



Duration and quality of sleep and risk of self-reported hearing loss

A study recently published in Ear and Hearing has found that hearing loss is related to the quality and duration of sleep. The longitudinal analysis included 231,650 participants aged 38 to 72 years from the UK Biobank cohort. Results showed that poor sleep quality is associated with an increased risk of hearing loss. Duration and sleep complaints were self-reported and hearing loss was self-reported at baseline and during the follow-up.

Read more.



Myth busters: hearing and hearing loss

Even though millions of people are affected by hearing loss, there are still a lot of misconceptions and myths surrounding hearing loss that can hinder understanding and treatment.

Time to debunk some of the most persistent myths!

1 Only older people experience hearing loss. While it is true that hearing loss is more common among older adults, it can affect people of all ages. In fact, according to the World Health Organization, around 1 billion young people worldwide are at risk of hearing loss due to exposure to loud sounds, including music.	2 Hearing loss is always caused by loud noise exposure. While exposure to loud noise is a major cause of hearing loss, it is not the only cause. Other factors, including aging, genetics, infections, medications, and diabetes can also contribute to hearing loss.	3 Hearing loss only affects the ability to hear sounds. Hearing loss can affect more than just the ability to hear sounds. It can impact speech recognition, making it difficult to understand words and follow conversations. Additionally, hearing loss can lead to social isolation, depression, and cognitive decline if left untreated.
4 If I can hear some sounds, my hearing is fine. Hearing loss is not an all-or-nothing condition. People often experience varying degrees of hearing loss. They can hear but not understand. Speech is hard to hear, and they often struggle with difficult-to-hearing high-pitched sounds, such as the voice of a woman or children. Before progressing to difficulty hearing some sounds.	5 There is nothing that can be done about hearing loss. While there is no cure for hearing loss, there are many treatment options available to manage the condition. Hearing aids, cochlear implants, and other devices can help people with hearing loss hear better and live a full and active life.	6 Hearing aids will make hearing loss worse. Hearing aids are designed to help people with hearing loss communicate better. They do not make hearing loss worse. In fact, wearing hearing aids can improve communication and overall quality of life for people with hearing loss.

There are many more myths surrounding hearing loss that can prevent people from seeking treatment or understanding their condition and overall well-being. For all, hearing loss, BTEs and CIs can help. Your ability and confidence to live a full and active life.



Myth busters: hearing loss and hearing aids

Even though millions of people are affected by hearing loss, there are still a lot of misconceptions and myths surrounding hearing loss that can hinder understanding and treatment. This is why we felt that it was time to debunk some of the most persistent myths. In a compact one pager format, our audiological team has done a reality check on some of the most common myths, including:

- Only older adults are affected by hearing loss
- Hearing loss is always caused by loud noise.
- Hearing loss only affects the ability to hear sounds.
- If I can hear some sounds, my hearing is fine.
- There is nothing that can be done about hearing loss.
- Hearing aids will make hearing loss worse.

Download the one pager.



How are we doing?

We would love to hear from you with feedback on this issue, suggestions for new topics to cover in upcoming issues, and ideas to further improve our updates for you.

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