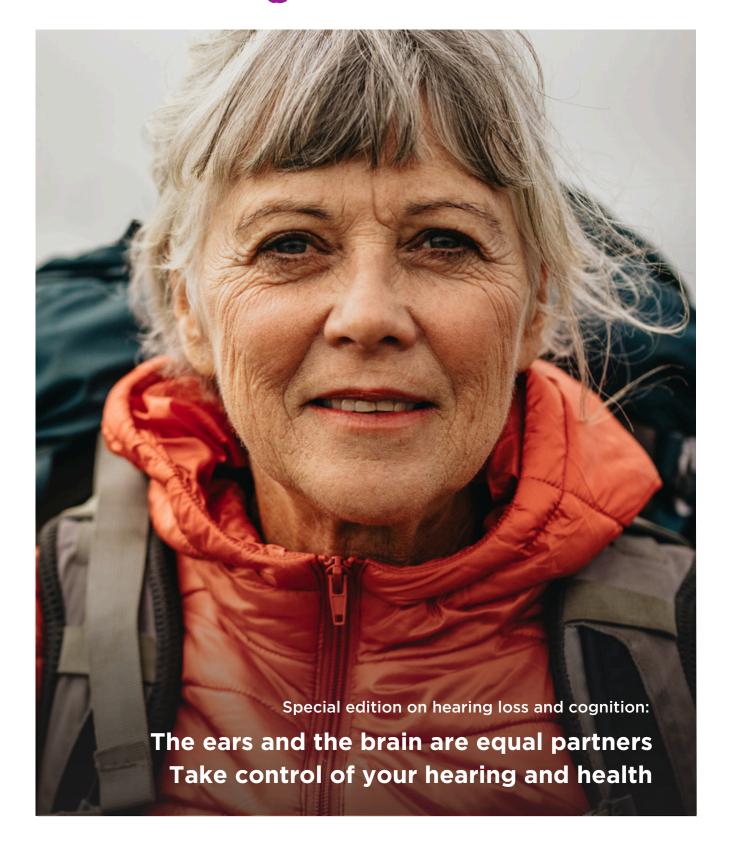
SSUE №5

Hearing Loop NEWSLETTER



Dear partner,

Welcome to the latest edition of Hearing Loop. This issue is dedicated to the fascinating topic of hearing loss and cognition, a connection that has long been assumed and that has been substantially backed by two brand-new studies this summer. Both the ACHIEVE and the ENHANCE studies provide powerful evidence that treating hearing loss in older adults slows down cognitive decline. Read all you need to know about these research findings.

Enjoy the read!

The Triton Hearing Team



RESEARCH

ACHIEVE Study

A strong connection between hearing intervention and loss of thinking and memory abilities

Hearing loss is associated with increased cognitive decline and incident dementia in older adults. The ACHIEVE study¹ by the John Hopkins University, aimed to investigate whether a hearing intervention could reduce cognitive decline in cognitively healthy older adults with hearing loss. This first longitudinal, randomized controlled trial over a three-year period recently published in The Lancet, has led to the following key finding: In older adults at increased risk for cognitive decline, hearing intervention slowed down loss of thinking and memory abilities by 48% over 3 years. The results also showed that individuals in the hearing aid treatment group maintained their cognitive abilities, whereas the participants without hearing intervention showed a decline in cognition. People with hearing loss who do not wear hearing solutions have a higher risk to develop dementia compared to people with good hearing.²



Read more.



STUDY -

ENHANCE Study Stable cognitive abilities for hearing aid users

The ENHANCE study³ by Professor Julia Sarant from the University of Melbourne, had a slightly different set-up. It also focused on assessing the potentially positive impact of hearing intervention on cognition, and came to the same similar result: individuals in the hearing aid treatment group maintained their cognitive abilities over three years, whereas the participants without hearing intervention showed a decline in cognition over the same time. Prof. Sarant's conclusion: Referral for hearing screening & rehabilitation may assist with delaying cognitive decline in older adults.



more.

The ears and the brain are equal partners

While the ears pick up auditory signals, the brain gives meaning to the puzzle of sounds.

But what if hearing loss comes into play?

It gets harder for the brain to put the overall picture together. Considering that hearing loss has been identified as the largest modifiable risk factor for dementia, and under the light of the results of recent studies like ACHIEVE and ENHANCE, timely identification and management of hearing loss can be strongly recommended.







Hearing loss

65% of people over age 60 have hearing loss.

Globally, 1.5 billion people live with hearing loss, and with our aging population, this number is projected to increase to 2.5 billion by 2050.45



Dementia

Approximately 10% of people over age 65 have dementia.6

Hearing loss has been identified as the largest modifiable risk factor for dementia, contributing 8% to the overall risk of developing age-related dementia.7

TECHNOLOGY -



Phonak Audéo Lumity

Take control of your hearing and health

Introduced in autumn 2022, the Phonak Audéo Lumity brought speech perception to the next level. Key benefits of the cutting-edge technology platform include improved speech understanding in many hearing situations, reduced listening effort in quiet and in noise, and precise detection of speech from any direction.85

The Audéo Lumity product family has now been expanded to also offer children and those with severe-to-profound losses as well as unilateral hearing loss access the latest in technology, ensuring that everyone can fully immerse in conversations while minimizing the effort for the brain to put the overall picture together.

> l earn more.



EDUCATION



Heads-up

Virtual Physician Symposium on cognition

Considering the recent study findings, we are happy to announce that cognition will also be the focus of our upcoming Virtual Physician Symposium in the first quarter of 2024. Stay tuned for more information and our invitation to the event!

This will be the second symposium on the topic. If you missed the first one, you can watch the recording here.

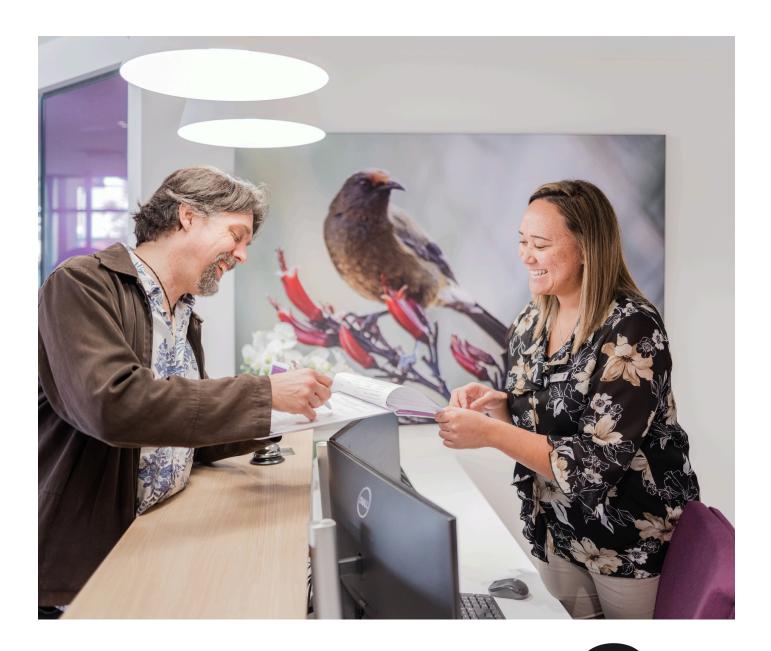


We would love to hear from you with feedback on this issue, suggestions for new topics to cover in upcoming issues, and ideas to further improve Hearing Loop for

Contact us at community@tritonhearing.co.nz



Watch here.



Contact

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Any questions?

Contact us: community@tritonhearing.co.nz

Lin, F. et al., (2023). Hearing intervention versus health education control to reduce cognitive decline in older adults with hearing loss in the USA (ACHIEVE): a multicentre, randomised controlled trial. The Lancet. Advanced online publication. https://doi.org/10.1016/S0140-6736(23)01406-X. Yeo, B. S. Y., Song, H. J. J. M. D., Toh, E. M. S., Ng, L. S., Ho, C. S. H., Ho, R., Merchant, R. A., Tan, B. K. J., & Loh, W. S. (2023). Association of Hearing Aids and Cochlear Implants With Cognitive Decline and Dementia: A Systematic Review and Meta-analysis. JAMA neurology, 80(2), 134–141. https://doi.org/10.1001/jamaneurol.2024.427

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