

Hearing Loop

NEWSLETTER

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ISSUE №5



Special edition on hearing loss and cognition:

The ears and the brain are equal partners
Take control of your hearing and health

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 Johns 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.¹ 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



In older adults at increased risk for cognitive decline, hearing intervention slowed down loss of thinking and memory abilities by 48% over 3 years.¹

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.

Learn
more.



FOCUS TOPIC

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.

Learn more.



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.⁸⁹

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.

Learn more.



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 Hearing Loop for you.

Contact us at community@tritonhearing.co.nz

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.

Watch here.





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Any questions?
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¹Lin, 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](https://doi.org/10.1016/S0140-6736(23)01406-X). ²Yeo, 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.2022.4427> ³Sarant, J., et al. (2023 July 16–20). Cognitive Function in Older Adults with Hearing Loss: Outcomes for treated vs untreated groups at 3-year follow-up [Conference poster]. AAC 2023 Conference, Amsterdam, Netherlands. ⁴Institute for Health Metrics and Evaluation (IHME). (2018). Findings from the Global Burden of Disease Study 2017. Seattle, WA: IHME. http://www.healthdata.org/sites/default/files/files/policy_report/2019/GBD_2017_Booklet.pdf. ⁵World Health Organization. (2021). World report on hearing. Geneva: World Health Organization. Retrieved March 8th, 2021. from <https://www.who.int/publications/i/item/world-report-on-hearing>. ⁶WHO, Dementia, in Key facts. 2021. ⁷Livingston, G., Huntley, J., Sommerlad, A., Ames, D., Ballard, C., Banerjee, S., . . . Mukadam, N. (2020). Dementia prevention, intervention, and care: 2020 report of the Lancet Commission. The Lancet (London, England), 396(10248), 413–446. doi:10.1016/S0140-6736(20)30367-6 ⁸Appleton, J. (2020) AutoSense OS 4.0 - significantly less listening effort and preferred for speech intelligibility. Phonak Field Study News retrieved from www.phonakpro.com/evidence, accessed August, 2023. ⁹Woodward, J. & Latzel, M. (2022) New implementation of directional beamforming configurations show improved speech understanding and reduced listening effort. Phonak Field Study News retrieved from www.phonakpro.com/evidence, accessed August, 2023.