

The Correlation Between **Hearing Loss and Cognitive Decline**



Hearing devices provide invaluable benefits to millions of Americans with hearing loss. However, for many people who wear them, following conversations in noisy environments is an ongoing challenge due to deficits in central auditory processing and cognitive function. Participating in brain exercises is one way for an individual to improve their listening experience.

Daily brain exercises may help fend off or delay Alzheimer's and other types of dementia. Just 15 minutes of rigorous brain exercise a day is enough to keep the brain active.



Early detection and treatment of hearing loss is crucial for good cognitive health.

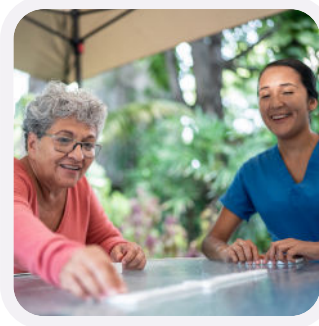
If you suspect you or someone you know has hearing loss, contact us today for an evaluation at

(817) 488-1637



What Can You Do To Keep Your Brain Healthy?

*Staying socially active has a positive impact on brain health.
Try some of the following activities with family and friends:*



Playing card games,
dominoes or other
board games



Going for walks
around their
neighborhood



Playing sports like
tennis, pickleball
or golf

Keep your brain active by completing puzzles such as jigsaw, crossword, sudoku or card games.

*Learn a new skill or start a
new hobby that interests you,
for example:*

- Learning to play a musical instrument
- Learning a new language
- Learning how to crochet