



COMPREHENSIVE **AUDIOLOGY**

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TOP 10 REASONS

Why You Should Have Your Hearing Tested

1. **Hearing loss is the third most common health condition** – behind only arthritis and heart disease – and contributes to anxiety and depression.
2. **We hear with our brains**, so untreated hearing loss can lead to cognitive difficulties and increase the risk of developing dementia and Alzheimer's.
3. **Tinnitus** (ringing in the ears) can accompany hearing loss and may be as debilitating as hearing loss.
4. Individuals with even just a mild hearing loss are three times more at risk of experiencing unexpected, injury-causing **falls and more frequent/longer hospitalizations**.
5. The Mayo Clinic recommends **baseline hearing tests for all adults**, because being proactive about one's health can increase quality of life!
6. Hearing loss has been linked to **kidney disease** and sleep apnea and may be an early warning sign for other health conditions, including **cardiovascular disease** and **diabetes**.
7. Some **medications, antibiotics, or cancer treatments** may damage your hearing.
8. **A hearing test is painless** and takes less than an hour, with numerous, advanced options available to treat hearing loss.
9. Hearing helps maintain full enjoyment and participation in life – in fact, 83 percent of hearing aid users reported **improved quality of life** through better hearing!
10. Hearing loss affects everyone around you and hearing well **improves relationships**.