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.