



HEALTHY HEARING.

HEALTHY BRAIN.

It is normal for your brain to change as you get older. It is also common to have hearing loss as you get older. Untreated hearing loss makes your brain work harder to understand what you are hearing. This can put you at risk for memory loss and confusion. If you already have hearing loss, take steps so you don't lose more. Hearing aids may be helpful because they help you understand what others are saying. This can lead to improved relationships with others.

Follow these steps to reduce your risk for hearing loss:

- Talk with your doctor annually about your hearing.
- Avoid loud environments whenever possible.
- Wear earplugs or earmuffs in noisy places.
- Lower the volume when wearing headphones or ear buds.
- Limit the length of time you are exposed to loud sounds.
- Use quieter appliances and equipment when available.

For More Information

About Hearing Loss

- **Centers for Disease Control and Prevention - Hearing Loss**
https://www.cdc.gov/nceh/hearing_loss/default.html
- **National Institute on Deafness and Other Communication Disorders**
<https://www.nidcd.nih.gov/health/hearing-ear-infections-deafness>
- **Hearing Industries Association**
<https://betterhearing.org/your-hearing-health/hearing-and-brain-health/>
- **American Speech-Language Hearing Association (ASHA)**
<https://www.asha.org/public/hearing/hearing-loss/>

About Healthy Aging

- **CDC Healthy Brain Initiative**
<https://www.cdc.gov/aging/healthybrain/index.htm>
- **National Association of Chronic Disease Directors Healthy Aging Programs**
<https://www.chronicdisease.org/page/HealthyAging>
- **Alzheimer's Association**
<https://www.alz.org>



**NATIONAL ASSOCIATION OF
CHRONIC DISEASE DIRECTORS**

Promoting Health. Preventing Disease.



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