



**Major New Research published in the LANCET strengthens the evidence that using hearing aids can help mitigate cognitive decline and dementia.**

Researchers looked at data from 437,704 people taking part in the UK Biobank study. They found that compared with people with normal hearing, those with hearing loss not using hearing aids had a 42% higher risk of all-cause dementia. There was no increased risk in people who used hearing aids. This is approximately equivalent to a 1.7% risk of dementia in people with hearing loss who are not using hearing aids, compared with 1.2% among those without hearing loss or who are experiencing hearing loss but using hearing aids.

One of the researchers, Prof Dongshan Zhu commented that; *“Close to four-fifths of people experiencing hearing loss do not use hearing aids in the UK....Hearing loss may begin early in one’s 40s, and there is evidence that gradual cognitive decline before a dementia diagnosis can last 20 to 25 years. Our findings highlight the urgent need for the early introduction of hearing aids when someone starts to experience hearing impairment.”*

Further, they concluded that *“Our findings highlight the urgent need to take measures to address hearing loss across the life course to improve cognitive decline. Public health strategies are necessary to raise awareness of hearing loss and the potential harm of untreated hearing impairment, increase accessibility to hearing aids by reducing cost, encouraging screening, and delivering potential interventions such as fitting hearing aids.”*

This additional strong evidence on the positive impact of hearing aids on cognitive decline and dementia also raises the possibility that CI’s may also provide similar protection, especially in younger patients, and this is consistent with evidence to date in research on CI’s.

For further information on that see the CIICA and EURO-CIU briefing at; <https://ciicanet.org/2021/12/01/ciica-and-eurociu-launch-new-resource-why-hearing-well-matters-for-healthy-ageing/>

Association between hearing aid use and all-cause and cause-specific dementia: an analysis of the UKBiobank cohort. Fan Jiang, et al., Published: April 13, 2023 Go to: [https://doi.org/10.1016/S2468-2667\(23\)00048-8](https://doi.org/10.1016/S2468-2667(23)00048-8)