

The Listening POST

JULY 2021 ISSUE

ANZAC of the Year Award fits the Bill



**ANZAC House Veteran Central
receives high praise at
State Congress 2021**



The Official Journal of The Returned & Services League of Australia WA Branch Incorporated

RSLWA
supporting Veterans

Perth based Ear Science Institute Australia is committing to reducing the devastating impact on our community of dementia. Dementia can happen to anyone and, if untreated hearing loss increases the risk of dementia by 8%. So in 2017 the Ear Science Institute Australia self-funded its first research team in this area, resulting in Dr Dona Jayakody leading the Australian Cognition and Hearing Loss team.

CHANGING THE WAY PEOPLE AGE

The team have published significant contributions including showing that the severity of hearing loss is associated with severe cognitive decline, identified central auditory processing assessments to help identify those at risk of dementia and showed that Cochlear Implants could delay cognitive decline.

Results from the Australian Cognition and Hearing Loss project suggested that hearing loss is a potentially modifiable risk factor for cognitive impairment. In other words, if we treat hearing loss we can lower the risk of dementia in some adults. The team are currently undertaking the HearCog clinical trial. This study is investigating the impact of hearing rehabilitation using hearing aids on older adults at risk of dementia.

THE HEALTH AND SCIENTIFIC COMMUNITY AGREE THAT UNADDRESSED HEARING LOSS IS RESPONSIBLE FOR MORE DEMENTIA AMONG OLDER ADULTS THAN ANY RISK FACTORS INCLUDING ALCOHOL OVERCONSUMPTION, TRAUMATIC BRAIN INJURY, OBESITY AND HYPERTENSION COMBINED!

**HEAR WELL
LIVE WELL**



**YOUR HEARING IS IMPORTANT,
LISTEN FOR THE SIGNS TODAY**

Book your hearing check **1800 054 667**
18 locations including Level 2 at ANZAC House
lionshearing.org.au



HEAR WELL. LIVE WELL.

Age-related hearing loss is associated with reduced brain volume and changes in brain pathways and metabolic activity of the brain. Studies at Ear Science Institute Australia are currently underway to investigate whether a correction of hearing loss through the use of hearing aids will affect these changes in brain volume and metabolic activities of the brain. The HearCog clinical trial will explore the cost-effectiveness of hearing loss rehabilitation and the impact of hearing aids on anxiety, depression, physical health and quality of life.

GLOBAL AND NATIONAL IMPORTANCE

The Lancet Commission on Dementia in 2017 and again in 2020 reported that hearing loss is the greatest risk factor for dementia. The World Health Organization's World Hearing Report in 2021 highlighted the importance of cognition for the 466 million people globally with hearing loss. The Royal Commission into Aged Care Quality and Safety (2018 to 2021) raised the important role of hearing health for the overall health and wellbeing of older adults in aged-care settings.

DEMENTIA FACTS

- 1 in 10 Australian's will get age-related dementia.
- Hearing loss in mid-life, if treated, will reduce the risk of age-related dementia.
- Dementia patients rely heavily on the health and ageing systems.
- 52% of aged-care residents suffer from dementia
- Without a breakthrough the number of people with dementia will continue to rise from 472,000 in 2021 to 1,076,000 in 2058.

WHAT YOU CAN DO

Get your hearing checked at Lions Hearing Clinic, 100% West Australian and owned by Ear Science Institute Australia.

If you think you have hearing loss, don't delay in getting the help you need.

Research has shown that hearing technology will not only improve hearing, it will also help preserve independence and mental, emotional and physical health.

Dr Dona Jayakody, Lead Investigator: Australian Cognition and Hearing Loss project at Ear Science Institute Australia

WE KNOW THAT HEARING LOSS IS ASSOCIATED WITH COGNITIVE DECLINE AND DEMENTIA. WE ARE LOOKING TO CHANGE THE WAY PEOPLE AGE.



EARLY IDENTIFICATION AND TREATMENT OF A POTENTIAL HEARING LOSS HELPS MINIMISE RISKS LATER IN LIFE



References available upon request.