

Q&A WITH LIZE COETZEE

Lions Hearing Clinic Audiologist and
Chief Operating Officer



Kylie B from Redcliffe asks, I am starting to forget a few things, I know hearing loss is linked to dementia. Is it too late to do something?

Research has confirmed that untreated hearing loss is the number one modifiable risk factor for developing dementia. The data shows that one in six Western Australians have some form of hearing loss, and there are a lot of Western Australians at risk of dementia.

We often see clients who are struggling with their hearing, missing out on family barbecue conversations and starting to withdraw from what they love to do.

It is never too late to make a lifestyle change, and we recommend that people make a hearing test part of their annual health checks.

Serge C from Sorrento asks, I am only 51 do I really need a hearing test?

Untreated hearing loss is pretty much invisible. Often people just ignore it and choose to just live with it. Our Medical Research Institute and Lions Hearing Clinic is leading the charge to get people to stop ignoring the signs of hearing loss.

Hearing loss in middle age has been identified to increase our risk of dementia later in life, it is so important that you get a hearing test. Run over this simple checklist and if you answer YES to one or more, it is time to make a hearing appointment:

1. Do your ears ring?
2. Do your ears feel blocked?
3. Do you have difficulty understanding in noise?
4. Do your ears build up with wax?
5. Do you ask people to repeat themselves?
6. Do you feel left out?
7. Do you keep turning the TV volume up?

Adam W from Rockingham asks, I know I have a hearing loss – what other options are there other than hearing aids?

We help you navigate the often confusing range of options to treat hearing impairment.

Our qualified audiologists offer commission-free hearing prescriptions from a full range of hearing options by leading international manufacturers – from smart headphones and technically advanced earbuds through to invisible hearing aids and hearing implants, with funding options easily accessed for those that qualify.

There is no one size fits all.

Lesley J from Dawesville asks, I am noticing my 74-year-old husband is not his usual confident self. He is not keeping up with his volunteer work, refusing to go to the bowls club and now doesn't want the grandchildren over anymore. But he says he is fine.

What you are describing sounds like 'listening fatigue', which is when you feel exhausted after listening for a long time. We know it might be easier to blame the person or the topic as being boring, but listening fatigue is real and when you have hearing loss your brain has to work twice as hard. Does your husband withdraw from social situations? Or get up from the dinner table when your family is chatting? Or move to another room when the grandkids are over?

All these, and more, are possible signs that untreated hearing loss might be the cause for his loss of mojo.

It is so important that your husband is booked in for a hearing test, to start his own hearing journey with Lions Hearing Clinic.



www.lionshearing.org.au
Book now 1800 054 667