

Now Hear This

YOUR COMMUNITY HEARING HEALTH NEWSLETTER

Keeping You Informed

The Link Between Hearing Loss and Anxiety

Hearing loss can affect more than communication — it may also impact mental health. Research has shown a strong connection between hearing loss and anxiety, with studies finding that 15–30% of people with hearing impairment experience clinically significant anxiety symptoms.¹ People with more severe hearing loss or tinnitus may be at even greater risk.¹



Researchers believe several factors contribute to this connection. Communication difficulties can create stress, fear of misunderstanding others, and embarrassment in social situations. Over time, this may lead people to avoid conversations or noisy environments, increasing feelings of isolation and loneliness.^{2 3}

Newer studies also suggest that hearing loss may be linked to changes in brain areas involved in emotion regulation, stress response, and memory.² These findings reinforce the importance

(cont. inside)

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The Link Between Hearing Loss and Anxiety (Cont.)

of addressing hearing health as part of overall wellness.

The encouraging news is that hearing intervention may help. Studies have shown that treatment options such as hearing aids, cochlear implants, and other communication supports can improve quality of life and may reduce anxiety symptoms.¹

If you or a loved one have noticed changes in hearing, seeking professional hearing care can support not only better hearing, but also emotional and social well-being.

Sources:

1. *The Prevalence of Anxiety Disorders and Symptoms in People with Hearing Impairment (2018)*
2. *Study on hearing loss, brain structure, and anxiety in older adults (2022)*
3. *Research on hearing loss and social anxiety (2025)*

Adapted from an article originally published by ListenToThis.com

Fun Facts to Share

Did You Know?

Summer storms can affect more than your picnic plans — they can impact your hearing, too! Barometric pressure changes during a thunderstorm can cause ear fullness or pressure, especially for people with hearing conditions or balance disorders.

If you've ever felt "off" just before a storm, you're not imagining it! While not usually serious, these shifts are a good reminder to take care of your inner ear — and keep hearing aids safe from sudden rain.



Refer a Friend and Share the Gift of Better Hearing!



There's nothing better than helping someone reconnect with the world around them. When you refer a friend or loved one to our office, you're giving them more than just better hearing — you're giving them clearer conversations, their favorite music, and deeper connections with the people they care about most. And as a thank-you, both you and your friend may be eligible for special referral rewards. It's our way of saying thanks for helping others take the first step toward hearing — and living — better. Ask us about our referral program today!

Happy Summer
from Angel and
the team!



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As our way of saying 'thank you' for being a valued patient, you receive \$500 OFF the purchase of a pair of ReSound Premium hearing aids when you schedule your appointment.

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Dr. Lori A. Howard

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