

Beyond the Sound: Mental Health and Hearing Loss

Hearing loss is often connected to other health conditions. Recognizing these links can support early detection, reduce misdiagnosis, improve care planning, and enhance overall quality of life.

Depression



Hearing loss can make communication difficult, leading to social withdrawal, isolation, and frustration - all of which increase the risk of depression. In fact, adults with hearing loss are more than twice as likely to experience depression.¹

Diabetes



High blood sugar levels can damage the blood vessels and nerves in the inner ear. Research shows that people with diabetes are about twice as likely to have hearing loss compared to those without diabetes.²

Kidney Disease



Chronic kidney disease can lead to a buildup of toxins in the blood, which may affect nerve function, including the nerves responsible for hearing. Certain medications used to treat kidney issues may also be ototoxic (harmful to the ear).³

Cognitive Impairment or Dementia



Hearing loss can reduce brain stimulation, making it harder for the brain to process sound and speech. Over time, this may contribute to cognitive decline and has been strongly linked to an increased risk of dementia.⁴

Cardiovascular Disease



The inner ear depends on good blood flow. Conditions that affect circulation, like high blood pressure, stroke, or heart disease, can limit oxygen to the auditory system, leading to hearing loss.⁵

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