

# DEPRESSION RISK AWARENESS



# HEARING HEALTH DECISIONS

IN THE U.S., IT IS ESTIMATED THAT **37 MILLION** ADULTS HAVE SOME DEGREE OF **HEARING LOSS**, WHILE **22 MILLION** SUFFER FROM SOME FORM OF **DEPRESSION**.<sup>[1][2]</sup>

## DID YOU KNOW?

Your ears can be a "window to your mind"

and hearing loss may increase depression risk, especially for those younger than 70 years.<sup>[3]</sup>

### RESEARCH INDICATES <sup>[4]</sup>

THOSE WITH SENSORY LOSS, ESPECIALLY BOTH HEARING AND VISION, EXPERIENCE DEPRESSIVE SYMPTOMS MORE THAN THE GENERAL POPULATION.

MORE ACUTE NEED FOR TIMELY HEALTHCARE INTERVENTION WHEN INCREASED SENSORY LOSS CONSTRAINS DAILY FUNCTIONALITY.

HEARING HEALTH PROVIDERS CAN PLAY A KEY ROLE IN REFERRING THOSE WITH DEPRESSIVE SYMPTOMS TO MENTAL AND VISION HEALTH EXPERTS.

One's capacity to succeed with these lifestyle goals may reduce the degree to which hearing loss increases depression risk and anxiety.

Effectively handling activities of daily living



Consistently engaging in social activities

Enjoying mentally stimulating hobbies



Ensuring best corrected hearing and visual abilities



TALK TO YOUR HEARING, VISION AND MENTAL HEALTH EXPERTS ABOUT HOW FOLLOWING THEIR CARING GUIDANCE CAN HELP IMPROVE QUALITY OF LIFE.

To learn more, please visit: [www.nimh.nih.gov](http://www.nimh.nih.gov)



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[1] <http://www.nidcd.nih.gov/health/statistics/Pages/quick.aspx> [2] Iliades, Stats and Facts About Depression in America. *Everydayhealth.com* 2013 [3] Li, et al: Hearing Impairment Associated With Depression in US Adults, National Health and Nutrition Examination Survey 2005–2010. *JAMA Internal Medicine*. 2014 [4] McDonnell, The Effects of Developing a Dual Sensory Loss on Depression in Older Adults: A Longitudinal Study. *Aging Health* 2009



## ARE YOU AT RISK FOR HEARING LOSS-RELATED DEPRESSION?

### ✓ Check all that apply

- I have difficulty understanding speech in the presence of background noise or in a crowded restaurant.
- I avoid social situations that require me to participate in conversations.
- I avoid the movies or theater because I miss so much.
- I have greater difficulty understanding females and children.
- My family and friends complain that I am not hearing accurately.
- Others notice that I turn the volume on my television or radio too loud.
- I have difficulty conversing on the telephone.
- I ask others to repeat themselves often during conversations.

### ✓ Questions I'd like to ask my Hearing Health Expert

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



1 Schwab Rd, #3 (Off of New York Ave) • Melville, NY 11747  
631.615.7374 • [islandbetterhearing.com](http://islandbetterhearing.com)

