

The Villages Health

AUDIOLOGY PATIENT NEWSLETTER
JANUARY 2021

Hear the Facts About Dual Sensory Loss



Hearing and visual impairments are common in older adults, as **an estimated 33% of individuals age 70 years and older are affected by hearing loss and 18% by vision impairment.** Because the incidence and prevalence of these sensory impairments increase with age, hearing and vision loss will affect a growing proportion of the population.

With aging's influence on vision and hearing, it is estimated that by 2030, as many as 14 million older U.S. adults will develop **Dual Sensory Loss (DSL)**. Think about it, when two of our bodies five senses are not functionally optimal, activities of daily living may be difficult. For way too many, DSL reduces quality of life in terms of vital physical, emotional and social challenges.

We observe most people get in the healthy habit of taking care of their vision because, for example, driving without seeing clearly is risky or reading smaller text is consistently frustrating. By comparison, far too few proactively and consistently received sound advice on integral hearing care. Just as 20/20 vision is worthy to focus on, so are personalized hearing solutions which deliver precious sounds that is music to our ears.

By seeing and hearing better, especially with social distancing, you will be **dually empowered** to more safely experience an improved and happier quality of life.



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DID YOU KNOW?

Dual sensory loss can reduce quality of life in terms of physical, emotional and social function.

Research indicates those with both vision and hearing loss often have greater:



HEAR BETTER, SEE BETTER.

TALK TO YOUR EXPERT HEARING AND VISION PROFESSIONALS ABOUT:

- Why annual diagnostic screenings are a healthy habit.^[4]
- How best corrected hearing and visual abilities can help improve quality of life.



To learn more, please visit: www.nidcd.nih.gov and www.nei.nih.gov

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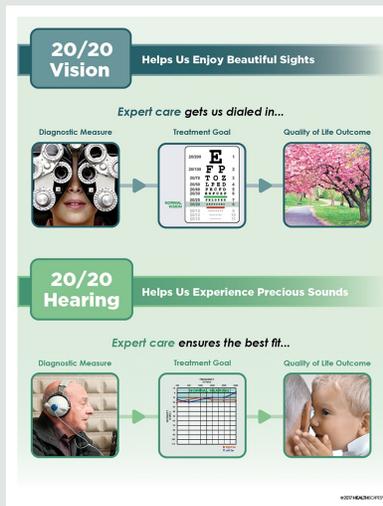
[1] Heine and Browning. Mental health and dual sensory loss in older adults: a systematic review. *Frontiers in Aging Neuroscience* 2014 [2] Fischer, et al. Multiple Sensory Impairment and Quality of Life. *Ophthalmic Epidemiology* 2009 [3] Kiely et al. Dual sensory loss and depressive symptoms. *Frontiers in Human Neuroscience* 2013 [4] Vreeken et al. Dual sensory loss: development of a dual sensory loss protocol and design of a randomized controlled trial. *BMC Geriatrics* 2013 13:84

As research states: "Our study could have potential public health policy implications, as it suggests that identifying and targeting dual sensory impairment in older adults could be a potentially useful strategy for preventing a decline in their life expectancy."

Further, "Given that one in four people aged 80+ years experiences dual sensory impairment, it is important that professionals working in both vision and hearing services are able to recognize cases of dual sensory impairment, tailor rehabilitation solutions accordingly and coordinate multidisciplinary input as required."

As an analogy, consider how, in a well-coordinated manner, vision and hearing care experts similarly aspire for you to sense **sights and**

sounds to life's fullest potential.



[View larger](#)

And while we take your hearing care seriously,
a little laughter goes a long way.

Good Humor, Healthy Hearing



*I told my husband, “Lou! It’s red!” He says to me, “Move your head?”
So I said, “Did you not see the red light?” He said, “What red light?”
I’ve got cataracts. It looked like an orange blur.”
So, Officer, if you want to arrest him now, be my guest!*



HEAR BETTER, SEE BETTER



As you see your Ophthalmologist or Optometrist for annual diagnostic vision screenings, please know it is essential for you, loved ones and colleagues to get a professional hearing evaluation at least once a year. In 2021, at home, work and play, seeing and hearing your best just makes sense.

VISIT OUR WEBSITE

[LEARN MORE](#)

Schedule an appointment for you or your loved ones.

(352) 674-1799



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Audiology Department

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