

Effects of Vision and Hearing Loss

Sensory troubles lead to issues in other areas of life, like physical and social health. This can increase the risk of dementia. It is important to address vision and hearing issues as soon as you can.

Signs of Hearing Loss

Difficulty hearing in groups or noisy rooms



Signs of Vision Loss

Trouble reading small print and seeing in the dark



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MCMASTEROPTIMALAGING.ORG

**Brain
Health
PRO**

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CCNA
Canadian Consortium
on Neurodegeneration
in Aging



CCNV
Consortium canadien en
neurodégénérescence
associée au vieillissement



FNHO

Tribal Council

**Vision &
Hearing
and Brain
Health**

Vision & Hearing and the Brain

Your senses and your brain are a team. The senses send information to the brain. The brain directs the senses to focus attention on specific information.



Problems with vision and hearing can cause problems with thinking and understanding.







Good vision and hearing (sensory) health improves brain health. Good sensory health reduces the risk of dementia, social isolation, falls and other injuries.

Source: Brain Health PRO

Preventing Vision and Hearing Loss

Vision and hearing loss happens slowly as we age. Sounds can get fuzzy or quieter. We may see more floaters, get dry eyes, or have difficulty seeing up close.

There are ways to prevent sensory loss:

- **Avoid loud noises for long periods of time** 
- **Wear sunglasses** 
- **Eat and sleep well** 
- **Make heart health a priority** 

Source: Brain Health PRO

Ways to Improve Vision and Hearing

Talk to your health provider about scheduling regular **vision and hearing tests**

Smudge with Traditional medicines over **eyes** and **ears** to help you see and hear good things

Remember there are tools to help if you are experiencing difficulty seeing or hearing, like **glasses and hearing aids**



Source: FHQTC Community Research Advisory Committee