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Holistic hearing care – how good hearing becomes well-being

Hearing loss goes beyond hearing sensitivity in many ways and its impact on quality of life is often underestimated. Hearing is referred to as our social sense, which many people only become aware of with hearing loss and the resulting limitations. Hearing loss can have a profound impact on how we communicate with others, and connect with those around us. Hearing aids help people with hearing loss to hear better. New studies show that holistic hearing care not only strengthens hearing but can also cover multi-layered dimensions of quality of life. Good hearing promotes social contact, allows for a more active and healthier lifestyle, and good hearing has a positive effect on cognitive health.

This talk will highlight the benefits of hearing rehabilitation on healthy aging, and show that hearing health is essential for healthy living.