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Hearing technology as the gateway to living healthy, safe, and independent lives

With current estimates of the global prevalence of hearing loss exceeding 1.6 billion individuals, the burden of hearing loss, specifically in the aged, is considerable. Beyond impacts to communication, there is a growing body of evidence demonstrating the connection between hearing loss and various social and medical comorbidities, including cognitive performance, depression, loneliness, falls risk, and reduced quality of life. However, this link is still emerging. Firstly, we will provide a summary of current research on the impact of hearing health on overall health and well-being. The second part will be a review of the role of hearing healthcare providers in mitigating their patients' underlying risk factors, and the most relevant aspects to consider when using hearing technology to assist them in leading healthy, safe, and independent lives. Lastly, we will share how various tools such as advanced data-logging and machine learning could be leveraged to demonstrate how hearing aid usage relates to health outcomes, including social engagement, physical activity, falls risk, and overall quality of life.