

**Dr. Maren Stropahl**

Sonova AG

**Title: Hearing health and cognition: An evidence-based perspective for practice**

In recent years, evidence has accumulated that untreated hearing loss is a significant risk factor for cognitive changes and dementia in old age. Studies such as ACHIEVE and ENHANCE show that high-quality hearing care - including individually fitted hearing systems and accompanying audiological counseling - can have a positive impact on the cognitive health of older people with hearing loss. However, uncertainties and misunderstandings regarding the interpretation of these results persist in clinical practice. The aim of this article is to summarize the current state of research on the interaction between hearing loss, hearing care and cognitive health and to integrate the findings into the context of holistic hearing care. It will also discuss how these findings can be transferred into clinical practice, e.g. to support hearing care professionals to use these aspects correctly and empathically in their counseling sessions.