

**BRAIN TEASER**

James makes a bet with Laura that he can use any name she can think of in a song she will recognize with the original lyrics. Laura takes him up on the bet and loses. What song did James sing to win?

Reduced cost cinema tickets

Reduced cost cinema tickets are available for purchase in the 4<sup>th</sup> practice.

Reminder

WEBINAR- Thursday 26<sup>th</sup> September, 1pm – 2pm. TOPIC – Saving Brains in Atrial Fibrillation – A Modern Approach. SPEAKER – Dr. Ronan Collins, Consultant Stroke Physician, Tallaght Hospital. Una Buckley, Pfizer will provide light refreshments.

**ELECTROLYSIS**

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4<sup>th</sup> Practice.*

*Every Thursday 9.30 – 6.30  
Appointments booked through  
reception at the 4<sup>th</sup> Practice or  
alternatively phone Margaret on 083  
3391724 for enquiries or to book an  
appointment.  
(See attached)*

**LOTTO**

National Lotto = August:

Numbers 15,20,29 = 3.00

Numbers 36,40,44 = 5.00

Euro Millions = August

Numbers 4,9, = 3.00

9,10,36 = 20.00

7,38,43,6\* = 17.00

Hang in there the big one is just around the Corner. Peter.

Next Weeks attachment:

Stephen McNally,

Physiotherapist

“Vestibular assessment and  
rehabilitation”

This Weeks attachment

Deepak Kumar

Audiologist

“Could a Hearing Aid make  
you feel 7 years younger”

Answer

happy birthday when you are happy birthday  
you say the person's name as part of the song

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	<b>30mins</b>	<b>€35</b>
	<b>45mins</b>	<b>€50</b>
	<b>60mins</b>	<b>€65</b>

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recommend you go to **[HAIRFACTS.com](http://HAIRFACTS.com)** and **[HAIRTELL.com](http://HAIRTELL.com)**

# **PERMANENT HAIR REMOVAL**

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## Could a hearing aid make you feel seven years younger?

**A recent article in the Daily Mail claimed that getting a hearing aid could stop you from developing dementia.**

Professor David McAlpine, director of the University College London Ear Institute who wrote the article quoted research from a number of studies in the USA. The studies seemed to show that people with an untreated mild hearing loss scored significantly worse in cognitive tests than those without. Their scores suggested their cognitive abilities aged by the equivalent of seven years compared to people with normal hearing.

Professor McAlpine compared losing your hearing to travelling abroad to a country where you speak only a little bit of the language. "You struggle to understand the conversations around you and just trying to get by leaves you exhausted" he explained, suggesting that exactly the same thing happens to people who experience hearing loss.

"We know that deafness leads to a greater cognitive load. And if your brain has to make more of an effort to do one task, it will be compromised in another" says Professor McAlpine.

As a result, people experiencing hearing loss often start to withdraw from activities they used to enjoy because they find them excessively tiring or maybe just difficult and embarrassing. It is this withdrawal that the experts believe may be responsible for the low cognitive scores seen in the research.

Studies show that social interaction and taking part in activities protects against dementia, possibly because it relieves stress which is known to be harmful to the brain. So the result of gradual withdrawal from being sociable and taking part in activities because of hearing problems may raise the risk of memory loss and cognitive problems.

In addition a growing body of research indicates that people with untreated hearing loss may be at an increased risk of depression. "When left unaddressed, hearing loss can lead to isolation and other emotional conditions that can affect both quality of life and mental health" says Sergei Kochkin, PhD and Executive Director of the Better Hearing Institute.

The link between unaddressed hearing loss and depression is compelling. For example, a large-scale study by the National Council on Aging (NCOA) in the USA found that people aged 50 and older with untreated hearing loss were more likely to report depression, anxiety, anger and frustration, emotional instability and paranoia, and were less likely to participate in organized social activities than those who wore hearing aids.

The good news is that seeking treatment for a hearing loss can result in significant improvements in quality of life and decreased depressive symptoms with a positive knock on effect on overall health.

The audiology clinic in MPHC is a private independent Audiological (audio-vestibular) practice where specialist provides prevention, assessment, diagnosis and management of hearing, tinnitus and balance (vertigo/dizziness) problem in children and adults. All patients at the audiology clinic see our



consultant audiological scientist Mr Deepak Kumar. All patients undergo a comprehensive diagnostic audiological assessment and management/treatment is planned based on the tests results and diagnosis.

For further information or for an appointment please contact **The Audiology Clinic, The 4<sup>th</sup> Practice, Mallow Primary Healthcare Centre, Mallow, Co Cork.**

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