



Hearing & Brain Health: What Patients Should Know

Hearing is a brain process.

Your ears collect sound, but your brain interprets it. When hearing input is reduced, the brain must work harder to understand speech.

Untreated hearing loss increases effort.

Struggling to hear, especially in noise, can lead to mental fatigue, frustration, and withdrawal from conversations.

Hearing loss is a modifiable risk factor.

While hearing loss does not cause dementia, research shows that addressing hearing loss may support cognitive engagement and communication.

Hearing aids support the brain.

When professionally fit, hearing aids:

- Improve access to speech
- Reduce listening effort
- Support social connection
- Help keep auditory pathways active

When to schedule a hearing evaluation:

- Difficulty hearing in noise
- Asking others to repeat
- Mental exhaustion after conversations
- Avoiding social situations
- Concerns about memory or focus

Hearing care is brain care. Schedule a hearing check with Texas Hearing Center today where our team can complete a comprehensive audiologic examination and review your results with a Doctor of Audiology.

Texas Hearing Center

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