

What are the effects of untreated hearing loss? What are coping mechanisms used for it?

Individuals with a prolonged hearing loss who choose not to take action and delay care can bring about greater impact to their physical, mental, and social well-being. New research continuously shows links between the effects of untreated hearing loss and accelerating conditions such as Alzheimer's disease, depression, and deprived brain function. Yet these effects can be highly avoidable if a hearing loss is treated early on.

It is very common for individuals who are beginning to experience hearing loss to not reach out for help. The 'coping mechanisms' used to overcome hearing loss typically include behaviors such as lip-reading or piecing together parts of conversations to gather rough context. Additionally, individuals may cup a hand behind their ear(s), sit or stand on a certain side of someone in conversation to hear out of the ear with better hearing, or choose to be seated in quiet parts of restaurants. In the latter stages of hearing loss, individuals will often find the use of these mechanisms to be strenuous to attempt as they no longer provide help.

*[www.widex.com/Consumer Guide to Your Best Hearing](http://www.widex.com/Consumer%20Guide%20to%20Your%20Best%20Hearing)