

# DEPRESSION RISK AWARENESS



# HEARING HEALTH DECISIONS

IN THE U.S., IT IS ESTIMATED THAT **37 MILLION** ADULTS HAVE SOME DEGREE OF **HEARING LOSS**, WHILE **22 MILLION** SUFFER FROM SOME FORM OF **DEPRESSION**.<sup>[1][2]</sup>

## DID YOU KNOW?

**Your ears can be a “window to your mind”**  
and hearing loss may increase depression risk, especially for those younger than 70 years.<sup>[3]</sup>

### RESEARCH INDICATES<sup>[4]</sup>

THOSE WITH SENSORY LOSS, ESPECIALLY BOTH HEARING AND VISION, EXPERIENCE DEPRESSIVE SYMPTOMS MORE THAN THE GENERAL POPULATION.

MORE ACUTE NEED FOR TIMELY HEALTHCARE INTERVENTION WHEN INCREASED SENSORY LOSS CONSTRAINS DAILY FUNCTIONALITY.

HEARING HEALTH PROVIDERS CAN PLAY A KEY ROLE IN REFERRING THOSE WITH DEPRESSIVE SYMPTOMS TO MENTAL AND VISION HEALTH EXPERTS.

One's capacity to succeed with these lifestyle goals may reduce the degree to which hearing loss increases depression risk and anxiety.



**TALK TO YOUR HEARING, VISION AND MENTAL HEALTH EXPERTS**  
ABOUT HOW FOLLOWING THEIR CARING GUIDANCE CAN HELP IMPROVE QUALITY OF LIFE.

To learn more, please visit: [www.nimh.nih.gov](http://www.nimh.nih.gov)

**Sound  
Advice**  
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[1] <http://www.nidcd.nih.gov/health/statistics/Pages/quick.aspx> [2] Iliades, Stats and Facts About Depression in America. *Everydayhealth.com* 2013 [3] Li, et al: Hearing Impairment Associated With Depression in US Adults, National Health and Nutrition Examination Survey 2005–2010. *JAMA Internal Medicine*. 2014. [4] McDonnell, The Effects of Developing a Dual Sensory Loss on Depression in Older Adults: A Longitudinal Study. *Aging Health* 2009

# *Silence is Lonely*

When at first our hearing begins to fade;  
Though the signs are foretelling, we may choose to evade.  
We tell others they don't speak clearly, they mumble a lot;  
My concentration is elsewhere, that's why I ask what.  
Please talk a bit louder, your voice is so weak;  
I could hear you OK if you'd look at me as you speak.  
I can hear you just fine, when you're close at hand;  
If you would learn to enunciate, I could understand.  
Being with family is one of life's greatest joys;  
But don't expect me to hear, with all of that noise.  
It's easy to blame others, though it's not really fair;  
It's your hearing problem, solve it, show others you care.  
He who said "silence is golden" spoke for himself only;  
For the hearing impaired, "silence is lonely".

Roy Bain  
1996



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