

0129. Hearing Aids May Lower Risk of Cognitive Decline and Dementia 助听器可以降低认知能力下降和痴呆的风险

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1. Hearing Aids May Lower (v.) Risk of Cognitive Decline and Dementia 痴呆；精神错乱. 助听器可以降低认知能力下降和痴呆的风险

recent research has revealed that even mild or moderate **hearing loss** in older adults **is associated with** accelerated 加速的；加快的 cognitive decline. 最近的研究表明，即使老年人轻度或中度听力损失, 也与认知能力加速下降有关。

People with hearing loss **are more likely** to develop dementia 痴呆；精神错乱, and the likelihood increases (v.) with the severity of the loss. 听力损失的人更有可能患上痴呆症，而且这种可能性, 随着听力损失的严重程度而增加。

In 2020 主 **a Lancet Commission on dementia** 谓 **identified** (v.) hearing loss as the leading modifiable 可修饰的；可更改的 **midlife (n.)** 中年；**中年生活** **risk factor** for later development of the disease.

2020 年，《柳叶刀》痴呆症委员会, 将听力损失, 确定为主要可改变其影响的"中年风险因素", 该风险因素会影响该疾病(老年痴呆)的后期发展。

In July, **at the annual meeting** of the Alzheimer's Association, Frank Lin, an otolaryngologist 耳鼻喉科专家 and director of **the Cochlear** 耳蜗的 **Center** for Hearing and Public Health at Johns Hopkins University, **presented (v.) results** from

a **first-of-its-kind 史无前例 randomized clinical trial** of 977 adults between 70 and 84 **with untreated hearing loss**.

今年7月，在阿尔茨海默病协会(Alzheimer's Association)的年会上，耳鼻喉科医生、约翰霍普金斯大学(Johns Hopkins University)听力与公共卫生耳蜗中心(Cochlear Center for Hearing and Public Health)主任弗兰克·林(Frank Lin)介绍了一项首次随机临床试验的结果，试验对象是977名年龄在70岁至84岁之间、听力损失未得到治疗的成年人。

One group **received best-practice 最佳实践;最优方法 hearing care**, including aids 助听器, and another group **took part in** a program about successful aging.

一组接受了最佳听力护理，包括辅助器具(助听器)，另一组则参加了一个关于成功老龄化的项目。

Example 1. 案例

best-practice

最佳实践：经过研究和经验证明能够产生最佳结果的程序，被确定或建议为适合广泛采用的标准。

Three years later **hearing aids 助听器** did not make much difference to the healthiest participants.

三年后，助听器对最健康的参与者并没有产生太大影响。

But 主 those who were **at the higher risk for dementia** because of age and underlying health conditions 谓 saw a 48 percent reduction in **cognitive change** if they got **hearing aids**.

但那些因年龄和潜在健康状况而患痴呆症风险较高的人，如果佩戴助听器，认知能力变化会减少 48%。

When **hearing loss is untreated**, the brain's organization changes (v.).
如果听力损失得不到治疗，大脑的组织就会发生变化。

In adults **with mild hearing loss**, studies show (v.) a decrease in gray matter.
研究表明，在患有轻度听力损失的成年人中，灰质减少。

Hearing loss **is also associated with** more falls, higher health-care costs, and increased loneliness 孤独，寂寞 and social isolation 隔离；隔离状态;孤独；孤立状态. 听力损失还与更多的跌倒、更高的医疗费用, 以及增加的孤独感和社会孤立感有关。

Hearing **is fundamental to** healthy aging.
听力是"健康地变老"的基础。

2. Hearing Aids May Lower Risk of Cognitive Decline and Dementia

recent research has revealed that even mild or moderate hearing loss in older adults is associated with accelerated cognitive decline. People with hearing loss are more likely to develop dementia, and the likelihood increases with the severity of the loss. In 2020 a Lancet Commission on dementia identified hearing loss as the leading modifiable midlife risk factor for later development of the disease.

In July, at the annual meeting of the Alzheimer's Association, Frank Lin, an otolaryngologist and director of the Cochlear Center for Hearing and Public Health at Johns Hopkins University, presented results from a first-of-its-kind randomized clinical trial of 977 adults between 70 and 84 with untreated hearing loss. One group received best-practice hearing care, including aids, and another group took part in a program about successful aging. Three years later hearing aids did not make much difference to the healthiest participants. But those who were at the higher risk for dementia because of age and underlying health conditions saw a 48 percent reduction in cognitive change if they got hearing aids.

When hearing loss is untreated, the brain's organization changes. In adults with mild hearing loss, studies show a decrease in gray matter.

Hearing loss is also associated with more falls, higher health-care costs, and increased loneliness and social isolation. Hearing is fundamental to healthy aging.
