

Tilmelding af Foredrag

Foredragets titel

Can hearing aids reduce the risk for incident dementia in older adults?

Forfatter(e)

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Afdeling/praksis

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Uddannelsesniveau

Speciallæge

Introduktion

Hearing loss has been associated with the risk of dementia. According to the latest 2020 Lancet Commissions report on prevention of dementia, hearing loss is the modifiable risk factor with the greatest potential of reducing the risk of dementia. According to this report, elimination of hearing loss reduces the risk of dementia with 8%. However, it is not known if the use of hearing aids reduces the risk of dementia.

Materiale/metode

The population consists of older adults (≥ 50 years) living in the Region of Southern Denmark from 2003 to 2017. Public audiograms from 120000 patients were included and paired with dementia and hearing loss International Classification of Diseases codes (ICD-10) from the Danish National Patient Register. Hearing aid use data was obtained from the Regional Hearing Aid (RHA) database and the Battery database. Cox Proportional Hazards models was used to calculate hazard ratios (HR) between hearing loss and incident dementia.

Resultater

Hearing loss (binary) increases the risk for incident dementia with a hazard ratio (HR) of 1.06 (95% confidence interval (CI): 1.03; 1.10). Only severe hearing loss at the better hearing ear was associated with increased dementia risk (HR: 1.10 (95% CI: 1.00; 1.21). Stratified analysis in relation to hearing aid use showed higher HRs for those that have not been treated for hearing loss (HR: 1.20, 95% CI: 1.13; 1.27) vs. those that have (HR: 1.06, 95% CI: 1.01; 1.10).

Diskussion

This study demonstrates a link between hearing loss and the risk of incident dementia in a large cohort from the Region of Southern Denmark. The study shows that patients with hearing loss and treated with hearing aids also have a higher risk for incident dementia, but the risk is even higher in the group of patients not using hearing aids despite having a hearing loss compared to patients who use hearing aids to compensate their hearing loss.

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