

The Impact of Hearing Loss on Your Health

There may be a direct link between staying socially connected and your overall health, research shows. This confirms what many healthcare professionals have believed for years, that aging adults who stay socially connected live longer, happier, healthier lives. So what's that got to do with hearing loss?

Recent research at Johns Hopkins University¹ suggests that hearing loss may play a much bigger role in our overall health than we previously thought. The study, led by Frank Lin, M.D., PH.D., showed that people with hearing loss were:

- 57% more likely to have deep episodes of stress, depression or bad mood
- 36% more likely to have prolonged stretches of illness or injury
- 32% more likely to be admitted to a hospital

These findings add to a growing list of previously undocumented health consequences associated with untreated hearing loss, such as fragmented sleep, an increased propensity for falling, and a greater risk of dementia and hypertension.

The Problem

Hearing loss, if left untreated, has a significant impact on your ability to stay connected. It makes face-to-face interactions difficult and using the telephone extremely frustrating. This often leads to loneliness and isolation—the precursors for many serious health risks.

A University of Chicago study² showed that aging adults suffering from loneliness also had higher blood pressure. Loneliness increased the risk for high blood pressure more than any other



psychological or social factor studied. They found that weight loss and physical exercise reduce blood pressure by the same amount that loneliness increases it. And high blood pressure is a major risk factor for heart disease, the leading cause of death in the United States.

The Solution

So what do the experts prescribe? Do something about your hearing loss so you can reach out with confidence!

CaptionCall provides a simple, no-cost solution to help people with hearing loss stay connected with friends and family. It restores confidence and independence, gives peace of mind, and favorably impacts your overall health and wellness.

CaptionCall is an amplified telephone that displays written captions of what your callers say on a large easy-to-read display screen so you don't miss a single word. It makes staying connected with friends and family easy again.

The CaptionCall phone is available at no cost to anyone who has trouble hearing on the phone and has had their hearing loss diagnosed by a



hearing-care or healthcare professional. All you need to get started is a phone line and Internet connection. CaptionCall takes all of the stress out of getting started by delivering, installing and training you on how to use it—all at no cost. You'll feel comfortable reaching out to your friends and family in no time.

To order a CaptionCall phone, simply complete a Professional Certification Form and have it signed by your hearing-care or healthcare provider. Forms are available at www.ElderCareResourcesUSA.com—just click on the CaptionCall banner. For assistance or to learn more, call toll-free at 1-877-864-5556.

Fax or email the completed form to CaptionCall at 1-888-778-5838 or certification@captioncall.com. Upon receipt, a CaptionCall representative will contact you to schedule your free delivery and installation. We'll have you using the phone again in no time.



“It’s my link to the outer world.”

Meet Don—a World War II veteran and avid CaptionCall user. Don served in the Army for three years, from Utah Beach right up to Castle, Germany. He was diagnosed with hearing loss when he returned from the war, partially due to constant exposure to gunfire and explosions. He has used hearing aids for years, but continued to struggle with hearing on the telephone. Then his audiologist recommended CaptionCall.

“It’s been absolutely wonderful,” Don says. “I don’t have to worry about people hanging up, and I don’t have to keep saying, ‘I can’t hear you’ or ‘speak louder.’ Every time I call my daughters now, the first thing they say is, ‘Hey Dad, got your captions on?’ And I say, ‘Yeah.’ ‘Okay—now we can talk.’”

“People with a hearing problem know what they’ve got, and when you can get a product like this, there shouldn’t be any hesitation. They should get it! **It’s my link to the outer world. It connects me with everybody and for everything.** It’s beautiful!”

Stay connected with CaptionCall for a longer, happier, healthier life.

¹Johns Hopkins University Research:

- http://www.hopkinsmedicine.org/news/media/releases/hearing_loss_linked_to_accelerated_brain_tissue_loss
- http://www.hopkinsmedicine.org/news/media/releases/hearing_loss_in_older_adults_tied_to_more_hospitalizations_and_poorer_physical_and_mental_health

²University of Chicago Research:

- <http://news.uchicago.edu/article/2010/03/17/feeling-lonely-adds-rate-blood-pressure-increase-people-50-years-old-and-older>

Other Interesting articles:

- <http://www.aarp.org/health/brain-health/info-07-2013/hearing-loss-linked-to-dementia.html>
- <http://www.livescience.com/697-loneliness-kills-study-shows.html>