



# Are you struggling to hear in noisy spaces?

Addressing hearing loss early is important for cognitive health. In older adults at increased risk for cognitive decline, hearing intervention slowed down loss of thinking and memory abilities by 48% over 3 years<sup>1</sup>.

**If you suspect you may have hearing loss, ask your GP about a free hearing check today.**

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<sup>1</sup> Lin, F., et al. (2023, July 17). Hearing intervention versus health education control to reduce cognitive decline in older adults with hearing loss in the USA (ACHIEVE): a multicentre, randomised controlled trial. DOI: [https://doi.org/10.1016/S0140-6736\(23\)01406-X](https://doi.org/10.1016/S0140-6736(23)01406-X)

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