



Headphone test



Ear Drops



Tuning fork



Sound waves



Hearing aid




Listening



Aural Audio

## Did you know that Audiologists do Cognitive Screening?

We are here to help your patients in many different ways...

- Increasing evidence has linked age-related hearing loss with more rapid progression of cognitive decline and incidental dementia. Recent literature<sup>1,2,3</sup> showed that individuals with hearing loss had a 55% greater risk of developing dementia compared to those with normal hearing. Long-term hearing deprivation of auditory inputs can impact cognitive performance by decreasing the quality of communication leading to social isolation and depression and facilitate dementia.
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- Many OAPAC clinics are using Cognivue Thrive for their cognitive screening, which is the only computerized cognitive assessment device cleared by Health Canada for medical use.
  - Results obtained from the Cognivue Thrive are comparable to those obtained by the Montreal Cognitive Assessment Test (MoCA).<sup>4</sup> Administration of the MoCA, like other cognitive screeners such as the Mini Mental State Examination (MMSE) and the Saint Louis University Mental Status Examination (SLUMS), rely solely on verbal administration, placing patients with hearing loss at a disadvantage and potentially skewing results for this patient population.
  - We know from the Lancet Commission<sup>5</sup> that **hearing loss is the number one modifiable risk factor** for dementia and Alzheimer's disease. Often hearing loss can present similar to cognitive impairment, so we can help with differential diagnosis. What we do as audiologists is important for helping patients remain engaged and social, key factors for cognitive health and slowing cognitive decline. *Please consider referring your patients to us for hearing assessments and cognitive screenings.*

1. Fortunato S, Forti F, Guglielmi V, De Corso E, Paludetti G, Verrettini S, Feroni A. A review of new insights on the association between hearing loss and cognitive decline in ageing. *ACTA Otorhinolaryngologica Italica* 2016;36:155-166. 2. Lin FR, Yaffe K, Xia J, et al: Health ABC Study Group. Hearing loss and cognitive decline in older adults. *JAMA Intern Med.* 2013;173(4):293-299. 3. Loughrey DG, Kelly ME, Kelley GA, Brennan S, Lawlor BA. Association of age-related hearing loss with cognitive function, cognitive impairment and dementia: a systematic review and meta-analysis. *JAMA Otolaryngol Head Neck Surg* 2018; 144(2): 115-126. 3. 4. Ma F, Cahn-Hidalgo D (2021) Clinical Validation of Cognivue – A Computerized Alternative to the Montreal Cognitive Assessment Test. *Neuro Sci Neurosurg*, Volume 2:2. 116. 5. Livingston, G., Huntley, J., Sommerlad, A., et al. Dementia prevention, intervention, and care: 2020 report of the Lancet Commission. *The Lancet* 2020; 396(10248), 413-446

### WHO WE ARE

OAPAC is a group of independent audiologists who own and manage audiology clinics throughout the province of Ontario.

### WHAT WE DO

- Audiologists are leaders in hearing health and auditory disorders.
- Audiologists have either a Masters or Doctorate degree in Audiology.
- Audiologists must use evidence-based practice principles and follow best practices. **Your patients will be met with safe, quality, ethical care that meets professional standards and guidelines.**
- Audiologists assess, identify, and manage all individuals – adults and children – with peripheral or central hearing loss, tinnitus, hyperacusis and balance disorders.
- Audiologists select, prescribe, fit and dispense hearing aids and other assistive listening devices. **Reminder: Hearing aids cannot be dispensed without a prescription!**
- Audiologists provide advanced testing which may include: Speech-In-Noise testing, Auditory Processing testing, Electrophysiological tests (e.g. ABR, OAEs), cognitive screenings, vestibular assessments.
- Wax removal using various techniques which may include irrigation, suction, curettes.