

EAR INSTITUTE

where excellent hearing begins

Secrets to Staying Sharp *At Any Age*

Alzheimer's and Brain Awareness Month

June is Alzheimer's and Brain Awareness Month, making it the perfect time to talk about how to stay mentally sharp at any age.

At the Ear Institute, we see the importance of staying mentally sharp as you grow older, and hearing well plays an important role.

The Power of Keeping Your Brain Active

You know those moments? You walk into a room and have a complete "What am I even in here for?" blank. Or you're introducing an old friend, and their name has decided to take a sudden vacation. We've all been there! Think of these as your brain's harmless little glitches, not a sign of anything serious.

Sometimes, however, the changes feel more significant. It can shift from an occasional hiccup to a persistent mental fog that makes familiar tasks – like managing your finances or following a well-loved recipe – feel unexpectedly challenging.

That feeling can be frustrating and, we understand, a little worrying.

Now for the great news: You are far from powerless. Just as we take steps to care for our hearts and keep our muscles strong, we can take meaningful, proactive steps to protect our brain. One of the most important steps is to have your hearing evaluated, because if you can't hear well your brain is not getting the stimulation it needs.



BOOK A HEARING TEST TODAY

Get a hearing test. It's an easy simple check-up. If you're over 50, make it a routine part of your annual health care, just like an eye test.

Scan to
book now!



Don't lose your marbles.

Keep your brain active!

We're proud to introduce our complimentary educational booklet, *Don't Lose Your Marbles* - *Keep Your Brain Active!*



Ask For Your Complimentary Copy When You Have Your Hearing Test

Scan to book now!



References

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Author

Anneke van Wyk

Anneke van Wyk completed her Bachelors degree in Communication (Audiology) at the University of Pretoria (UP).