

Hidden Hearing Centres

We provide comprehensive national coverage through our state-of-the-art hearing centres and audiology clinics. Our fully experienced hearing care professionals are here to help you enjoy the benefits of better hearing.

CENTRES

Athlone
Bray
Cashel
Cavan
Coole

CORK

-Cork City Centre
-Blackrock

DUBLIN

-Artane
-Ballsbridge
-Dublin City Centre
-Kimmage
-Liffey Valley
-Swords
-Terenure

Drogheda
Dundalk
Ennis
Galway
Kilkenny
Killarney
Letterkenny
Limerick
Navan
Newbridge
Sligo
Waterford
Wexford

CLINICS

Athenry
Baillieborough
Ballina

Ballinamore
Ballinasloe
Bandon
Bantry
Blanchardstown -
Ongar
Blanchardstown -

Roselawn

Boyle
Carlow
Castlebar
Castlereagh
Citywest
Claremorris
Clonakilty
Clonmel

Cork - Elysian
Donegal Town
Dundrum

Gorey
Hospital
Killybegs
Kilrush
Longford
Loughrea
Macroom
Malahide
Mallow
Maynooth
Midleton
Monaghan
Monkstown
Mullingar
Nenagh
Newcastle West
Portlaoise
Rialto
Tallaght
Tralee
Tullamore
Westport

We are the experts in hearing healthcare. We offer FREE hearing screenings, FREE hearing tests, earwax removal, video otoscopy, speech tests, MedRx and bone conduction tests.

Book a free annual check with us by calling **1800 882 884** or visiting [hiddenhearing.ie](https://www.hiddenhearing.ie)



6 PROVEN WAYS TO REDUCE YOUR DEMENTIA RISK



Hidden Hearing
Your hearing is our expertise

1

PHYSICAL EXERCISE

Look after both your body and your mind by taking part in regular physical exercise. Activities such as jogging, aerobics and dance classes are some of the best things that you can do to keep your brain healthy. 40 minutes of cardio three to four times a week is recommended for optimal mental well-being, but even a fast 40-minute walk will increase your brain power.



2

KEEP A CHECK ON YOUR HEARING

Hearing loss is very common as we age, and it features on the Lancet Commission's 2020 list of the top 12 modifiable risk factors that can contribute to dementia. The report estimates that nearly 10% of the total number of dementia cases could be avoided with the management of hearing loss. Regular hearing tests can reduce your risk of developing dementia.



3

CHALLENGE AND PURPOSE

Keep your brain active by taking up a new language, musical instrument or by doing brain-teasing puzzles. Leading public health expert Sir Muir Gray, author of 'Increase Your Brainability and Reduce Your Risk Of Dementia', suggests that everyone should 'expose themselves to stimulation and challenge' to increase mental sharpness and cognitive function. This is especially important if you are a very purpose-driven person. Activities such as volunteering can be especially enjoyable if you value having a sense of purpose.

A HEALTHY DIET

4



According to research, fitter people have healthier brains and experience less cognitive decline as a result. Dementia can be prevented by eating lots of fresh veg and fibre, lean protein and a higher ratio of 'good' fats and oils. Doctors recommend avoiding all sugar, even the refined sugars contained in bread, sauces, and yoghurts, as it has been proven that sugar is particularly bad for the brain.

KEEP AN EYE ON STRESS

5

Stress affects the body in a multitude of ways and, if left untreated, it can cause permanent and irreversible changes in the brain. Therefore, it is important to monitor stress levels. There is no one-size-fits-all approach when it comes to stress reduction. Do what works for you – whether that is taking on less, regular swims or time in the garden, or even prioritising more family time.



SLEEP

6

Research has found that sleep helps our brains drain away amyloid – a protein associated with Alzheimer's and impaired brain function. Sleep also influences how we regulate stress, our motivation to exercise, socialise and our dietary choices. It is essential to our overall health and well-being.

