

## 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

**Belfast**  
54 High Street,  
Belfast BT1 2BE  
028 9031 3330

**Carrickfergus**  
Unit 6B, De Courcy Centre,  
Lancasterian Street,  
Carrickfergus BT38 7AG  
028 9336 6343

**Coleraine**  
51 New Row,  
Coleraine BT52 1EJ  
028 7032 0301

**Cookstown**  
5 Oldtown Arcade,  
Cookstown BT80 8EF  
028 8675 7294

**Hillsborough**  
Hillsborough Private Clinic,  
2 Main Street,  
Hillsborough BT26 6AE  
028 9268 8833

**L'Derry**  
73 Carlisle Road,  
L'Derry BT48 6JL  
028 7136 0402

**Newtownards**  
Unit C15B,  
Ards Shopping Centre,  
Newtownards  
BT23 4BN  
028 9181 4192

**Portadown**  
8 Mandeville Street,  
Portadown, Craigavon  
BT62 3NZ  
028 3835 0138

### CLINICS

**Ballymena**  
Rockfield Medical Centre,  
73-75 Doury Road,  
Ballymena BT43 6JD  
0800 032 1173

**Bangor**  
Bangor Physiotherapy,  
5 Balloo Court, Balloo Drive,  
Bangor BT19 7AT  
0800 085 4689

**Enniskillen**  
The Erne Health Centre,  
Erne Road,  
Enniskillen BT74 6NN  
0800 587 4488

**Newry**  
The Newry Clinic,  
Windsor Avenue,  
Newry  
BT34 1EG  
0800 587 3032



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 **0800 587 7267** or visiting [hiddenhearing.org](https://www.hiddenhearing.org)



# 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.

