

Sound News

March 2013

Volume 26 no 3

GOING TO THE CONVENTION –

We hope you've decided that the best and most exciting event you are going to attend in 2013 is the HLAA National Convention at the Portland Convention Center from June 27-30.

Highlights will include:

KEYNOTE SPEAKER Howard Weinstein
A RESEARCH SYMPOSIUM "Latest Developments in Hearing Rehabilitation Research."

WORKSHOPS AND PRESENTATIONS
"Diabetes and Hearing Loss,"
"Approaches to Tinnitus Management," "Approaches to Auditory Rehabilitation," and Group Auditory Rehabilitation."

EDUCATIONAL

WORKSHOPS: Advocacy, Assistive & Other Technology, Hearing Aids & Cochlear Implants, and Relationships, The EXHIBIT HALL will display the latest cutting edge technology and services for people with hearing loss, An ENCHANTED EVENING on Fri. night. An AWARDS BANQUET on Sat. night and a farewell for the retiring National director, Brenda Battat.

Suggestions to help tinnitus sufferers find the support they need

1. **Be good to yourself.** Tinnitus has auditory, neurological and emotional elements that can affect many areas of life.
2. **Educate yourself.** Tinnitus has several causes, and affects each person differently. The more a tinnitus sufferer understands, the greater the chances of making the tinnitus less bothersome.
3. **Educate others.** Family members, friends, co-workers and associates can benefit from understanding tinnitus and its effects. They can be more supportive if they understand the conditions that are difficult for a tinnitus sufferer.
4. **Seek out support.** A few individuals who understand the daily trials of tinnitus can be invaluable.
5. **Consider a group.** A formal support group - in-person or online - can offer compassion, companionship and coping strategies. A group also can be helpful in sharing information and resources. Physicians, audiologists or other qualified health professionals often facilitate groups. The ATA's Support Network offer individual volunteers and tinnitus support groups throughout North America.
6. **Obtain counseling.** For some individuals, a licensed therapist or counselor can help with techniques to make tinnitus symptoms less bothersome, and with effects of tinnitus such as anxiety and depression.

Today, there is great hope for tinnitus sufferers, with more and better effective treatments on the market. Professional audiologists can help individuals determine whether or not they have tinnitus, and if so, advise on the best treatments. "Effective treatment, combined with good support, can give new life to tinnitus sufferers."

Neuromonics, Inc. (www.neuromonics.com)

The HLA-LC Board has decided to offer a scholarship to **(1) one** individual to attend the 2013 convention in Portland in June from the 27th through the 29th.

- The scholarship is valued at \$165.00.

- The recipient will be responsible for all additional costs that the scholarship does not cover.*

If you are interested, please **submit a letter** to Shirley Perry at sugarplum17@comcast.net (or by mail to Shirley at 2215 Arthur Ct., Eugene, OR. 97405) **stating why you would like to attend the convention and what you hope to get from the convention.** You can also bring the letter to the general meeting on March 14th. The Board will review all applications and select the recipient.

* The full package is \$359.00 or \$329.00 for a 1st timer until 5/31/13. The daily one day packages are: Thursday \$75.00 & Friday & Saturday is \$140.00. Registration deadline is May 31st, 2013.



A Little boy & his mother
were crossing a River...

MOTHER : " Please hold my ...hand.. "

BOY : "No Mom, You hold my hand."

MOTHER : "Whats the difference?"

BOY : "If I hold your hand & something
happens to me...Chances are that I may
let your hand go but if you hold my hand..
I know for sure, you will never
let my hand go.. "

Yep-we need each

**Thanks to Pat Reilly and to
Connie Gienger for their very
nice donations.**

**Connie's was in memory of Mari-
an Hales.**

Smoking Researchers warn that smoking can affect your hearing. Nicotine causes blood vessels to constrict and shrink, including the blood vessels that bring blood and oxygen to the inner ear. Without adequate blood flow, the cochlea can quite literally "suffocate," resulting in hearing loss.

Pain Killers What soothes your aches and pains may be damaging your ears. A study in the *American Journal of Epidemiology* showed that taking ibuprofen or acetaminophen two or more days per week resulted in an increased risk of hearing loss. Researchers suspect that the drugs reduce blood flow to the cochlea (an essential hearing mechanism), thereby impairing its function. Other drugs that have been linked to hearing loss include antibiotics, oxycodone and certain types of chemotherapy.

Stress and Anxiety There's no doubt that hearing loss can make a person feel stressed and anxious, but doctors say that stress and anxiety may be risk factors for developing hearing disorders in the first place. Studies show a correlation between stress levels and hearing ability. It's thought that stressed folks may have a higher incidence of illness and infection, which in turn may lead to hearing impairment.

Allergies Sniffing and sneezing aren't the only effects of seasonal allergies. Experts say that people with allergies are also susceptible to hearing loss. They believe that high pollen levels can cause an allergic reaction in the inner ear, which causes swelling and an increase in fluid and wax accumulation. Luckily, many people find that as their allergies subside, so do their hearing problems.

Cell Phones The jury is still out on this one, but some specialists say cell phone use may cause hearing impairment. Practitioners are seeing more young people in their twenties for conditions such as tinnitus (ringing in the ear) and hearing loss, and studies suggest that the electromagnetic radiation given off by cell phones may damage the cochlea and auditory cortex. They found that hearing problems sometimes develop in the ear that is favored most frequently when using a cell phone. Using a landline, Bluetooth earpiece or a headset is thought to be a safer option.

Gleaned from *Devon Nespica*

Members: if you have changed your e-mail address please notify Karin Smith of the change karinsm@efn.org

Hearing Loss Assoc.-Lane County, Oregon Information calls are taken by Linda Diaz 790-1290

HCLA is published monthly for members of Hearing Loss Association of Lane County.

Annual chapter fee of \$10.00 can be mailed to SHHH, Inc. PO Box 22501, Eugene, OR 97402

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Article Deadline: Second Thursday each month

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Place an ad Karen Swezey kswezey@efn.org

National website: www.hearingloss.org

Oregon website: www.hearinglossOR.org

Clark Anderson is a hearing loss representative on the City of Eugene Accessibility and listened to a presentation by the city Office of Emergency Management, offering suggestions about how the Office can be more accommodating to people who are hard of hearing. He has been invited to participate on a emergency management planning committee.

Andrea Cabral and **Clark Anderson** have participated in a U of O seminar class as mentors to students in a class focused on determining features of internal building design that are important to people with different disabilities. The students they are mentoring are developing a comprehensive list of features that are important to people who are hard of hearing and the mentor's suggestions have been augmented by Karen Swezey and Dan Herbert, a retired architect who is hard of hearing. The final product will be made available to HLAA and anyone who is interested.

Charles, Donna, Lindsey and Andrea attended a seminar about *When Hearing Aids are Not Enough*.

Survivor's Manuals are available at Albertson's Save on Pharmacy on Coburg Rd. & also at the office of Dr. Smoluch (ophthalmologist) in Spfd. Ask a pharmacy or doctor if they would put our books out!

After an enjoyable dinner, my son-in-law leaned back and stated "I need a nap." I replied "Go right ahead and rest in peace." There was a short pause, then he quipped, "I hadn't really planned on going that far!"

Plan on going to the HLA convention ? Talk to a board member about travel arrangements rooming arrangements, costs, and anything else you need to know to attend. Do it soon before prices increase on the convention costs.

Cognitive abilities decline faster in people with untreated hearing loss than in those with normal hearing. Use of hearing aids may forestall or reduce cognitive decline.



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P.O. Box 22501
Eugene OR 97402

New Survivor's Manuals –FREE to Anyone. Donations appreciated..
Cost to mail copies is \$4 each or 20 for \$35. Send a check made out to HLA, PO Box 22501 Eug, OR 401

Keeping Your Batteries Charged



Information You Can Use

3-2-1 Contact was among the first group of television programs to be captioned in March 1980 and was the first children's program. Later in 1980, Sesame Street became the second children's program to be captioned and is now the longest running captioned children's program.

100 Portland is an initiative by and for young adults with hearing loss with a mission to bring together 100 young adults at the Hearing Loss Association of America Convention 2013 in Portland, Oregon, June 27-30, 2013. At previous HLAA conventions, a fortunate small number of young adults with hearing loss experienced once in a lifetime transformations. For most, it was the first time meeting others like themselves, providing validation that they are not alone. Others walked away with lasting friendships, knowledge, and networking and self-advocacy skills, important traits to possess in the mainstream society.

Many young adults are missing this rare opportunity because they are either still in college or in nascent careers or have little or no income. Search '100 Portland' on Facebook. Check out our '100PortlandHLAA' YouTube Channel.

Donate to the 'Help Fund 100 Portland' campaign on www.fundrazr.com.

Donate by Check or Credit Card
You can send a check (write 100 Portland on the memo line) or pay by credit card by sending your donation directly to HLAA.

Growing New Hair Cells

An experimental drug that has been tested as a possible treatment for Alzheimer's disease shows promise for its potential to counteract severe hearing loss. According to a study published in *Neuron*, the compound, known as LY-411575, significantly improved the hearing of mice deafened by loud noise. The molecule works by allowing new hair cells to grow inside the inner ear. These cells, in turn, play a key role in the brain's ability to interpret and understand sound.

"It is possible to regenerate hair cells, and that's something that had not been possible before," says Albert Edge, an ear specialist at Harvard Medical School. The compound is not medically or economically superior to current treatments for hearing loss, such as cochlear implants. And although LY-411575's potential for improving deafness is significant, it may have unknown side effects.

Now that the preliminary work is complete, they must now find other inhibiting signals and new drugs that might counteract them. Scientists don't understand why mammals are unable to naturally regenerate ear hair cells, but many theorize that supporting cells are essential components of the hearing process—remove supporting cells and risk reducing the quality of sound that humans can perceive.

*gleaned from
ScientificAmerican*

By Mollie Bloudoff-Indelicato

Need Help Paying Your Monthly Phone Bill? OTAP

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Membership in HLAA is \$20 student, \$35 individuals, \$45 for couples, \$60 professional. It includes the award-winning bi-monthly magazine, *Hearing Loss*. Write HLAA, 7910 Woodmont Ave., Ste. 1200, Bethesda, MD 20814; 301-657-2248 (Voice); 301-657-224 (TTY); 301-913-9413 (Fax) or www.hearingloss.org. Get the latest e-news: <http://www.hearingloss.org/membership/>

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Hearing Loss Assoc. of Lane County Chapter Fee and National Membership Form

Please fill out this form /survey & mail to HLA - Lane Co., PO Box 22501, Eugene, OR 97402.

I have enclosed: Chapter fees _____ \$10.00 Chapter Donation of \$ _____
National dues _____ \$35.00 (regular) \$70 _____ (professional)*

Name: _____ E-mail: _____

Preferred phone: _____

Address: _____ City _____ State _____

Occupation (*former occupation if retired*): _____

Why are you joining us?

What most interests/puzzles you about hearing or hearing devices?

Are you interested in volunteering? What would you like to do?

*Membership fees and donations to either the national organization or our local chapter are always welcome and are tax deductible.

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If the month & year on your mailing label have already passed, it's time to renew your membership! Please use the form on page 6 to pay your dues today!

March 14th Meeting
2580 Hilyard
Hilyard Center
7-9 pm

"What Works at Work When You Have Hearing Loss."
MELITA GREEN

The meeting will start with a review by Melita Green from the local Oregon Vocational Rehabilitation office about the services that they provide for hard of hearing clients.

This will be followed by brief presentations from a number of employed or formerly employed people who are hard of hearing after which there will be a general question and answer session.

Membership meetings are the 2nd Thursday of the month. They are accessible for all degrees of hearing loss by:

- ♦ Amplification — Loop assistive listening system
- ♦ Real-time captioning by Debby Bonds

Calendar
Board Meeting : March 5
Hilyard Community Ctr.
2580 Hilyard St
Eugene