

Sound News

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Sensoneural Hearing Loss

by Arthur Boothroyd

It's easy enough to restore 20/20 eyesight with glasses or contacts. But even state-of-the-art digital hearing aids can't perfectly restore hearing for people whose inner ears have been damaged by noise exposure, medications or just the wear and tear of aging. Part of the problem is that this kind of sensorineural hearing loss — the result of permanent damage to the sensory cells of the inner ear — does more than just make sounds quieter. It can jumble the sounds, too, in ways that garble speech.

First up: Many people, especially those with age-related hearing loss, lose the ability to detect high-frequency sounds. Because consonants are typically higher-pitched than vowels, the loss of high frequencies can make it difficult to tell consonant sounds apart. As a result, speech sounds muddy — in some cases, almost beyond comprehension. Some people — also, or instead — have trouble distinguishing between different pitches. This happens because of damage to the delicate hair cells in the inner ear and to the nerves connected to them, which are responsible for separating out different

frequencies in sound.

"The frequencies in sound are like the colors in the spectrum," explains Boothroyd. "Imagine that the red bleeds over into the yellow and the yellow bleeds over into the green, and so on. That's the sort of thing that we believe happens in the cochlea."

Interestingly, many people with hearing loss report that, as sounds get louder, they abruptly go from being inaudible to painfully loud. This rapid increase in perceived loudness is known as "recruitment" because it is thought to be caused by normal hair cells suddenly being recruited to take over for nearby damaged cells.

In these cases, he says, the sound cuts in and out because only sounds above a certain volume can be heard..

Hearing aids can fix some of these issues. For example, the problem of recruitment can be solved by using "amplitude compression," in which the volume of louder sounds is decreased before being passed on to the ear. In the newer digital hearing aids, amplitude compression can even be tailored to specific frequencies.

Music & CIs

A research project at the Univ. of Washington is helping hearing-impaired people hear music for the first time through improvements to cochlear implants.

It's difficult to hear music through a cochlear implant. But, UW scientists have developed a new way of processing the signals in implants to help users hear music better.

CI subjects do well when it's quiet and there is a single person talking; but with music, noisy rooms or multiple people talking, it's difficult to hear. Music gives humans an opportunity for emotional expression and can improve quality of life and social and cultural connections, but it is rarely considered in evaluations of cochlear implants.

The new coding strategy lets them distinguish between musical instruments more accurately. People who use CIs usually perceive words by their syllables and rhythms, not through tone or inflection. Researchers played common melodies such as "Twinkle, Twinkle, Little Star" with the rhythms removed and found that timbre recognition — the ability to distinguish between instruments — increased significantly, but the ability to perceive a melody was still difficult for most people.



Dignity—the word itself—has come to mean different things to different people, as many words do. It doesn't just mean always being stiff and composed. It means a belief in oneself, that one is worthy of the best. Dignity means that what I have to say is important, and I will say it when it's important for me to say it. Dignity really means that I deserve the best treatment I can receive. And that I have the responsibility to give the best treatment I can to other people.

Maya Angeleau

What is 212 minus 211? One. A very small - almost insignificant - number. No big deal, right? But... what happens to water at 211°? It gets really, really, really hot. What happens at 212°? It boils. That one degree makes a huge difference. The idea is that there is nothing insignificant. Any number, no matter how small, is important. Significant. Vital. Worthwhile. That "one" extra can mean quite a lot.

"If you think you're too small to make a difference, you haven't spent a night with a mosquito." -

African Proverb.

A simple change -- switching on captions -- can make a big difference when students watch educational videos, an SF State professor has discovered. Robert Collins, found that students' test scores and comprehensions improved dramatically when captions were used while watching videos. The tool is often utilized for students with learning disabilities, but he says results show captions can be beneficial to all students.

He developed the idea while he was a member of a faculty learning committee focused on ways to make the classroom more accessible to all students. During the first year of a 2 yr. case study, he showed videos without captions to establish a baseline of student comprehension. Once that baseline was established, he turned captions on and began to see improvements. Those improvements continued into the second year of the study. "Not only were students talking about how much having the captions helped them as they took notes, their test scores went up. During the baseline year, there were a lot of Cs. In the second years, they went from Cs, Ds and Fs to As, Bs and Cs. It was significant improvement."

That improvement didn't just manifest itself in grades. Class discussions also became livelier and more detailed, with students recalling specific information shown in the videos such as names of people and places. "We're living in an age where our students are so distracted by technology that they sometimes forget where they should focus their attention when engaged with technology or media," he said. "Turning on captions seems to enable students to focus on specific information." The study was unique, in that it explored captions' impact broadly, as opposed to other studies that examined their effect solely on students with learning disabilities.

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

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

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Oregon website: www.hearinglossOR.org



Out & About

Clark Anderson went to an HLAA workshop in Salam, OR. He also attended a CAP board-meeting. Andrea Cabral attended the Eugene Hearing and Speech "From Hear to Here" 5K. Sandi Mann has an article in the Eugene Weekly. She is currently running for commissioner.

How can I tell if it's hearing loss or ear wax?

If you're having trouble with hearing loss, it could be caused by having excess ear wax blocking the ear canal. Professionally known as cerumen, wax is produced by tiny hairs and glands within the ear canal. This oil is created to protect against foreign objects like dust, bacteria and other microorganisms from entering the ear canal and causing damage to the inner ear. It also protects the skin within the ear canal, which is very sensitive, from getting irritated from contact with water.

The glands in some people's ears will actually produce a larger amount of ear wax, leading to blockage. Earwax blockage affects roughly 6 %of people and is often caused by using cotton swabs, which will just push ear wax deeper into the canal.

Wax buildup is one of the most common causes of temporary hearing loss, and there are several signs that you should be aware of. If you are experiencing any of these symptoms, see a doctor and

avoid trying to solve the complications at home.

- Decreased hearing
- Dizziness
- Pain in the ear
- Fullness or a feeling of pressure in the ear
- Buzzing or other noise in the ear (tinnitus)
- Drainage or itching from the ear canal

Non-invasive self treatment options

If you're not experiencing any painful issues, try some at home solutions. Hearing health professionals often recommend using baby oil, mineral oil or glycerin to treat mild ear wax blockage. However Talk to your audiologist before taking any of these steps

- Washing it out: You can use water that is at body temperature to flush out the wax in your ear; however, this could cause dizziness, so it's best to make sure to have a friend or family member around when you're trying this treatment. To do this, it's helpful to use a syringe to create a gentle stream of water. Hold your head upright to let the water flow into the ear canal, and then allow the water to drain.
- Using a few drops of alcohol or hydrogen peroxide can also be helpful for mild cases of ear wax buildup.
- Contact your doctor if needed!!

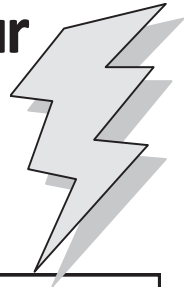
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Keeping Your Batteries Charged



Information You Can Use

Researchers have studied the link between hearing and visual impairments and mortality. The survey shows that older men with hearing loss or both hearing loss and a visual impairment have a greater risk of dying within a five year period than others

More than 360 million people worldwide have a hearing loss. About half of these cases could easily be avoided. According to the United Nations World Health Organization (WHO), more people than ever before have a hearing loss that could either be treated or prevented.

About half of all cases of hearing loss are easily preventable while many can be treated through early diagnosis and suitable interventions such as surgically.

With an aging global population, WHO estimates that one-in-three above the age of 65 — which is around 165 million people — live with hearing loss. Moreover, 32 million of those suffering from hearing loss are children under the age of Many hearing losses could be inhibited if simple ear infections were treated in time.

■ The Lane County chapter has an active website,
■ www.hearinglosslane.org, Now you
■ can find answers to all the Chapter

USERS OF IP CAPTIONED TELEPHONE SERVICES: NOTICE FROM THE FCC ABOUT POSSIBLE CALLING SCAM

The Federal Communications Commission has received information that consumers using Internet Protocol Captioned Telephone Relay Services (IP CTS) may have received calls from one or more persons purporting to be from the Federal Communications Commission (FCC), requesting the consumers to schedule a visit to the consumer's home regarding the consumer's IP CTS phone. The purpose of this notice is to alert all IP CTS consumers that the FCC has not been scheduling any home visits to IP CTS consumers. If you receive a phone call from any individual claiming to be from the FCC who wants to schedule a home visit, we recommend that you do not provide any information to the caller, and do not agree to let the caller into your home. In addition, Report such calls to the FCC's Disability Rights Office at 202-559-5158 (voice/videophone) or Gregory.Hlibok@fcc.gov.

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Life is like a camera...
Focus on what's important,
Capture the good times,
Develop from the negatives,
And if things don't work out,
Take another shot.



Membership in HLAA is \$20 student, \$35 individuals, \$45 for couple/family, \$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/Sen.asp>.

A common misconception about hearing loss is that it only impacts older individuals or infants born with the disorder.

Unfortunately, there are numerous factors and conditions that can contribute or cause hearing loss, including: Waardenburg syndrome, Sticklersyndrome, Usher syndrome, Alport syndrome.

Certain medications, tumors and traumatic head injuries can all be a catalyst to hearing loss or deafness. While many people are familiar with presbycusis, or age-related hearing loss, most people don't know about the other sides of hearing loss.

3D AND CAPTIONING AT THE MOVIES

I had the recent experience of watching "Gravity" in 3D at Regal Theater and seeing it captioned at the same time. I won't give away the details of the film, don't worry. I will say that it was quite an experience standing in the ticket line, and watching a couple of employees retrofit the Sony caption glasses by placing a piece of 3D lens on top. Then to be able to participate in the film and understanding everything while seeing it in 3D along with everyone else in the theater, was well.. priceless. If you haven't already checked out a captioned film (either 2D or 3D) at a Regal or Cinemark/Century theater, you should check it out. To find the local listing near you, check out Caption Fish website at www.captionfish.com. Enter your zip code and you'll pull up the local Listings. Enjoy the movies!

By Mark Foster

**Thank you to:
Marilyn Edwards and
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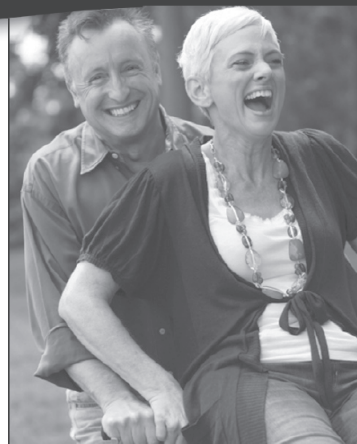


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Hearing Loss Assoc. of Lane County Chapter Fee and National Membership Form

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

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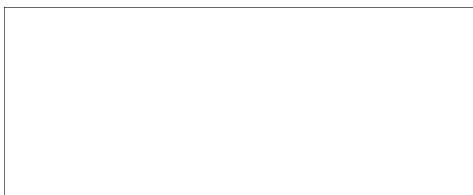
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Inside this issue:

Sensoneural Hearing Loss Music & CIs	1
Video Captioning	2
Leone's Lines	2
Keeping Your Batteries Charged	3
How Can I Tell If It's Hearing Loss or Ear Wax?	3
FCC & Captioned Phones Some Misconceptions	4
Meeting Information	8

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November 14 , 2013 at 7:00 pm

The Hilyard Community Center
2580 Hilyard St., Eugene, OR
Website: hearinglosslane.org

What to Do in Case of a National Emergency

Steven Wood is co-lead, publisher of the GO|STAY|KIT, an emergency preparedness tool which provides the user with a low cost alternative for storing personal/medical information in case of a natural disaster or medical emergency. The Kit comes complete with vinyl sleeves for personal information, I.D. bands, HELP/OK door hangers, and Red Cross shelter intake forms. Steven is a videographer, and producer of advertisements, marketing videos TV and radio spots. He also shoots, writes and edits videos for the American College of Healthcare Sciences in Portland, Oregon. He received his B.A. in broadcast communications from San Francisco State University and is a graduate of the Hollywood Film Institute.

After this presentation with be our "Slice of Pie Event.

Calendar

Board Meeting Nov.5
Hilyard Community Ctr.
2580 Hilyard St
Eugene

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