

Sound News

September 2103

Volume 26 No 9

Cochlear implants improve speech and quality of life

42 studies exploring the effects of cochlear implants reveal that adults with a sensorineural hearing loss experienced a significant improvement in communication-related results and quality of life after receiving a cochlear implant.

Different implants, different benefits The review also showed that unilateral and bilateral implantations have different benefits. "Unilateral cochlear implants provide improved hearing and significantly improved quality of life. Improvements in sound localisation are noted for bilateral implantation," said the researchers. Among the studies evaluating quality of life, the average improvement after cochlear implantation was 25%, while most of the results indicated at least a trend toward improved quality of life.

Make more informed decisions The review included 16 studies of unilateral implantation in 3,000 patients, 15 studies of bilateral implantation involving 461 people and 15 studies comparing quality of life before and after cochlear implantation. "Our hope is that this paper will allow providers, payers and most importantly patients to make more informed decisions about cochlear implantation" they stated. They also added: "Future studies of longer duration, higher-quality reporting and large databases or registries of patients with long-term follow-up data are needed to yield stronger evidence."

Source: www.medpagetoday.com and <http://www.reuters.com>

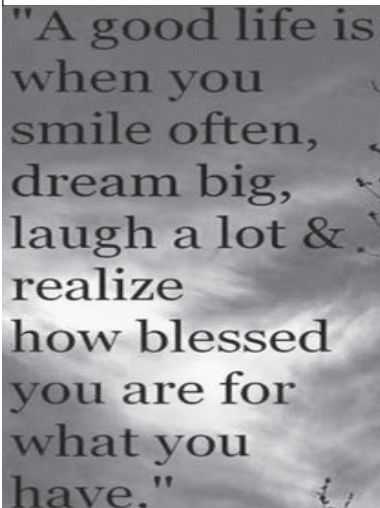
Lane County has an (conservatively) estimated 37,700 people who have more than a mild loss of hearing. The prevalence of hearing loss is also growing, especially among youth. Hearing loss is most prevalent with those over 65. It has been ranked as the third most common public health issue after heart disease and arthritis.

Hearing loss has a major impact on more than the person who is hard of hearing—it also affects at least their family, friends, employer and co-workers. It affects communication involved in relationships, employment, enjoyment and participation in civic, cultural, educational and sports events as well as having implications for medical care (e.g., physician instructions) and safety (e.g., the ability to hear sirens and smoke alarms). If not adequately addressed, hearing loss can be accompanied by withdrawal from participation in these life events and in depression—which are societal and personal losses.

by Clark Anderson

The Chapter enters Cyberspace

The Lane County chapter of the Hearing Loss Association has joined the digital age! We now have an active website, www.hearinglosslane.org, which allows you to find answers to all the Chapter questions you were afraid to ask, the most recent newsletters, the ability to check for Chapter and related events, join, pay dues, volunteer and read announcements. Take a look and, if you have questions, items you want included or other suggestions email Clark at clarkoa@msn.com or call at 541-736-4804.



"A good life is when you smile often, dream big, laugh a lot & realize how blessed you are for what you have."

Leone's Line



What Are YOU doing to tell others?

I placed the movie "Dummy Hoy" in my church library and put a notice in the last newsletter there for people to check it out. Also talked to the youth pastor about showing it to the teens.

Placed S Manuals in the 57th St. Albertsons pharmacy. The Coburg Rd store puts out about 15 a month. Took 15 to Willamalane Sr. Ctr.

I did a hard of hearing survey with my church folks about found about 50 who are hard of hearing so I'm planning some things for them as well as meeting with those who are speak to how to use the mikes correctly.

Good news, Spfd. Lutheran church now has a loop

CHARTING A COURSE TO EMPOWERMENT

Workshops for helping people with hearing loss navigate "life" through self-advocacy and technology.

KEYNOTE SPEAKER: Juliette Sterkens, AuD., - "Getting on the Oregon Trail to Looping"

Cheryl Davis, PhD, - Empowerment through Self Advocacy

Kimberly Poage, MS - "Elephant in the Room"

Laurie Brooks of Access Technologies Inc. - Hands on experience of assistive technology used by people with hearing loss

Saturday, Sept. 21st, 2013, 8:30 AM to 3:30 PM

(Registration ~ 8:30-9:15 AM ♦ Workshop starts at 9:15 AM)

**Salem Hospital, Community Health Education Center (CHEC)
(Building D), First floor**

939 Oak Street SE, Salem, OR 97301

Registration is necessary as seating is limited. The \$15 workshop fee includes beverages and lunch. To register for this workshop, send your \$15 check or money order, made payable to:

Hearing Loss Association of Oregon - Fall Workshop.

Mail to: Hearing Loss Association of Oregon, PO Box 22501, Eugene, OR 97402

Lunch will not be available if registration is received after Friday, September 6th.

NAME

ADDRESS

PHONE NUMBER

EMAIL (if applicable):

ARE YOU INTERESTED IN BEING A VOLUNTEER? ☐ YES ☐ NO

If you have dietary restrictions, please contact Mary Fagan at

hlasalem@live.com or 503-409-5491.

PRESENTED BY OR. HEARING LOSS ASSOC

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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Place an ad

Karen Swezey kswezey@efn.org

National website: www.hearingloss.org

Oregon website: www.hearinglossOR.org



Out & About

People need people. We need each other. A friend is a person whom one is in need of and by whom one is needed. We need to know we are wanted, trusted and loved. We need people pulling for us, depending on us and expecting much of us. And we need to give it all back.

Rocky Stone SHHH Founder

Keeping Your Batteries Charged



Information You Can Use

The city of Portland has been ordered to pay \$51,500 to a deaf domestic violence victim who said police failed to adequately interview or protect him from the accused abuser because they would not provide a sign-language interpreter. U.S. District Judge Michael Mosman also ordered the city to adopt the U.S. Justice Department's model policy on how to communicate with people who are deaf or hard of hearing. The judgment, which was proposed by the city and accepted by the plaintiff Philip J. Wolfe, calls for the city to pay costs and reasonable attorney's fees. *The Oregonian*

Genetic mutation causes hearing loss and short-sightedness. Researchers have identified a genetic mutation that weakens hearing and sight. A mutation in the gene *SLITRK6* produces symptoms of myopia, also known as short-sightedness, and hearing loss.

Intense exposure to a high noise level, combined with cigarette smoking, augments the risk of developing a hearing loss, according to a Chinese study.

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Can allergies cause hearing loss?

With warmer winter patterns across the country and heavy spring rains, plants have more potential to produce pollen into the air to trigger allergy symptoms. Some allergy sufferers will experience runny noses and itchy eyes, but others may feel pressure in the ear, a ringing sensation in the ears or vertigo during this season.

Allergies and hearing loss

When the immune system reacts to an allergen, it produces antibodies that release histamine. This is what is responsible for your sneezing, itchy nose and congestion. The histamine causes an increased amount of mucus production as well, which can create problems in your ears. In particular, the Eustachian tube, which is a drainage passage for the middle ear, can become clogged.

"Typically, allergic patients have complained of a symmetrical hearing loss and a sense of fullness or pressure," Dr. Michael Jones, of the Hearing Health Center told Medical News Today. "In most cases the hearing test shows a slight hearing loss and a tympanogram shows reduced mobility of the tympanic membrane. That means the middle ear has become inflamed."

Types of hearing issues

Fullness: During allergy season, there can be excess fluid in the ear that creates a pressured or clogged feeling, which can impact your ability to hear correctly. This is because the fluid presses against the eardrum to cause discomfort.

Conductive hearing loss: Conductive hearing loss is curable, but it makes it temporarily difficult to hear faint noises and often creates a reduced sound level. This type of hearing loss occurs when sound waves cannot

properly flow through the ear and into the tiny bones of the middle ear. Having excess fluid or ear wax is a plays a major role in this type of hearing loss because sound cannot properly travel to the cochlea.

Allergies can also cause a fluctuating level of fluid in the ear, which can make you able to hear at some times while others can be difficult. Other common causes of conductive hearing loss include swimmer's ear, the presence of a foreign body or benign tumors.

Ear infections: It should come as no surprise that with allergies comes the risk of infections. As there is increased moisture in the ear from fluid, bacteria are able to thrive more easily and cause a middle ear infection. If you experience regular middle ear infections, there is a possibility it could lead to tinnitus or hearing loss.

Increased allergens can also clog the microphone ports in hearing aids. Replacing the covers of microphone ports is an easy fix, and you should also make sure to maintain cleanliness of your device.

For people experiencing hearing loss or tinnitus during this season, it is likely that the symptoms will subside as allergy triggers dissipate. However, it is usually best to visit your audiologist to make sure that your issue is does not need long-term treatment.

New Survivor's Manuals –FREE to Anyone.

Donations appreciated. Cost to mail copies is \$4 each or 20 for \$35

PO Box 22501 Eug, OR 97401

What if hearing aids don't work for me?

Hearing aids are programmed for your specific needs. The audiologist or hearing aid professional can make changes to them if necessary. If you're not happy with the way they fit or sound when you first get them, be assured that most people require a few adjustments of fine-tuning.

Also, it takes time for the brain to adapt to hearing sounds it hasn't heard in a while, so your hearing aids may sound more natural after you've had time to wear them. If not, return them to the hearing center with details of what you're experiencing so that they can be adjusted to work better for you.

To ensure your satisfaction with hearing aids, most states require a trial period - a specified time period within which you can return hearing aids - - returned hearing aids can't help you hear better, so give yourself time to succeed with your instruments by working closely with your professional for follow-up.

Tips and tricks: background noise is one of the most challenging humps to get over for people with hearing aids - and it's even difficult for people with normal hearing. Many hearing aid features and settings help you deal with loud background noise that may be distracting.

Wear two hearing aids

Lip read : Take a class.

Pick a well-lit area

Ask for non-verbal cues .

Consider the time and place: Go to eat during non-peak hours.

Need Help Paying Your Monthly Phone Bill? OTAP

Oregon Telephone Assistance Program (OTAP) may provide a reduction in the monthly telephone bill for Oregonians who receive qualifying benefits.

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Monday - Friday 8 a.m. to 5 p.m.

Having Trouble Or Unable To Communicate By Telephone? TDAP

Telecommunication Devices Access Program (TDAP) loans adaptive telephone equipment at no cost and with no income restrictions to eligible Oregonians who are hearing, cognitive, vision, speech or mobility impaired.

E-MAIL: puc.tdap@state.or.us



Download or Complete Applications at
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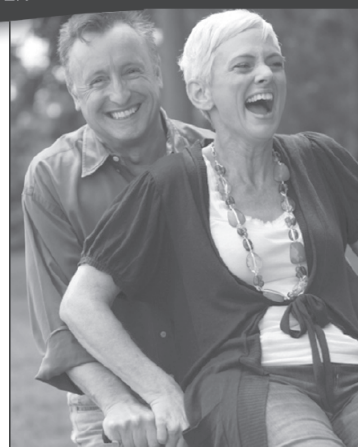
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Hearing Loss Assoc. of Lane County Chapter Fee and National Membership Form

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

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 _____ Zip _____

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?

How did you learn about us _____?

Would you like to be on our email news list: _____ Yes _____ No

*Donations to either the national organization or our local chapter are always welcome and are tax deductible."

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This copy is
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please feel free



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!

September 12th at 7:00 pm

The Hilyard Community Center

2580 Hilyard St., Eugene, OR

The Hearing Loss Association of America

Lane County Oregon Chapter

offers a presentation and discussion:

"Now You See It!"

Eleanor Knapp and Robin Cassidy-Duran, owners of CC Reporting & Videoconferencing, have opened CC Captions, a local company that specializes in captioning. Eleanor was raised in the Panama Canal Zone and got her bachelor's degree from the University of Oregon. After working for the City of Coos Bay and for an association of worker-owned companies, she decided to go back to school and become a court reporter. Since she began reporting in 1993, technology has made it possible for court reporters to translate the spoken word into text in real time. She will speak about the history of the captioning industry and how captioners do their job. A question and answer period will follow.

Calendar

Board Meeting Sept 2
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