

The Nation's Voice for People with Hearing Loss

Sound News

March 2014 Volume 27 No 3

Women with a higher body mass index (BMI) and a larger waist circumference more likely to suffer from hearing loss

Women with a body mass index (BMI) of 30 to 34 have a 17% higher relative risk of hearing loss and with a BMI of 40 or more, that risk is 25% higher when compared to those with a BMI of less than 25. Researchers found that for women with a waist circumference of 80 to 88cm, the relative risk of hearing loss was 11% higher and with a waist circumference that was even greater, the risk was 27% higher when compared with women with a waist circumference of less than 71cm.

"We often think of hearing loss as an inevitable part of the aging process, but these findings provide evidence that potentially modifiable risk factors, such as maintaining a healthy weight and staying physically active, may help in the prevention of hearing loss or delay its progression," said Sharon Curhan, MD, ScM, a researcher in the Channing Division of Network Medicine at Brigham and Women's Hospital (BWH) in the US.

Physical activity lowers the risk Women who were most physically active had a 17% lower risk of hearing loss compared with women who were least physically active. Walking, which was the most common form of physical activity reported among these women, was associated with lower risk; walking 2 hours per week or more was associated with a 15% lower risk of hearing loss, compared with walking less than one hour per week.

Hearing loss is still a natural part of aging, but the study found that a healthy diet and physical exercise may lower the risk of hearing loss. The American Journal of Medicine.

A thumping beat. A loud click. Screeching every time you turn right. When you hear strange, unidentifiable sounds come out of your car, it's usually a sign that you've got a sick vehicle. Explaining to a mechanic what's wrong usually involves making silly noises to explain exactly what you heard. Yup!!! We all know that!!!

Cochlear Implant Update

Cochlear implants have granted at least limited hearing to hundreds of thousands of people worldwide who otherwise would be totally deaf. Existing versions of the device, however, require that a disk-shaped transmitter about an inch in diameter be affixed to the skull, with a wire snaking down to a joint microphone and power source that looks like an oversized hearing aid around the patient's ear.

Researchers have developed a new, low-power signal-processing chip that could lead to a cochlear implant that requires no external hardware. The implant would be wirelessly recharged and would run for about eight hours on each charge. You could use a phone, with an adaptor, to charge the cochlear implant or you could imagine a smart pillow, so you charge overnight, and the next day, it just functions.

Existing cochlear implants use an external microphone to gather sound, but the new implant would instead use the natural microphone of the middle ear, which is almost always intact in cochlear-implant patients.

The new cochlear implant would require a more complex surgery than existing implants do. A current cochlear-implant operation takes an hour, hour and a half but this surgery may will take three to four hours. But he doubts that that would be much of an obstacle to adoption.

Based on an article: Larry Hardesty, MIT News Office

Leone's Line



The Winds of Fate

One ship drives east and another drives

While the self-same breezes blow; It's the set of the sails and not the gales, That bids them where to go.

Like the winds of the seas are the ways of the fates,

As we voyage through life; It's the set of the soul that decides the

And not the storms or the strife.

Ella Wheeler Wilcox

We all walk an interesting path with our hearing loss but it's so important for us to stay the course so we can lead others who might have to travel the same path someday. We've been given a real opportunity to serve others



Untreated hearing loss takes a toll on relationships

Child/parent relationships

Untreated hearing loss can affects relationships with children. When kids are small, it could potentially be a dangerous situation if you can't hear their cries. As children are older and begin talking, it can be difficult to engage and understand them, and young kids might think you don't care or aren't interested in what they have to say This can be emotionally difficult for the entire family. Even with hearing loss solutions, it can still be challenging. It can also emotionally impact adult children, especially those who have encouraged their parents to get help.

Romantic relationships

Romantic relationships are dependent upon emotional, verbal and physical connections. A survey revealed that 35% said romantic relationships trumped others in communication difficulties. When asked about their feelings when conversing with someone who appeared not to be listening because of hearing loss, 54% of people felt frustrated, 32% felt annoyed, 23% were sad and 18% felt ignored.

Friends

If friends don't realize you have hearing loss, they may think you are a poor listener or don't really care about them. A communication mixup could cause you to withdraw from others in the future, leading to isolation and potentially depression.

Colleagues

When several are talking at once, you may miss your boss's cue to give your input, or be unable to participate fully in a meeting when more than one person is talking at a time.

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

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> National website: www.hearingloss.org Oregon website: www.hearinglossOR.org

Andrea Cabral & Linda Diaz worked a booth at

the Good Earth Home Show

Thanks to the following folks for their donations in memory of Charles Langdon.

Lloyd Bissell Helen Boyd

Thanks to Pat Riley for his donation to our chapter

The Oregon Department of Corrections has agreed to pay \$150,000 to a deaf inmate who was denied an ASL interpreter and given menial jobs such as cleaning toilets. Dennis Steinman, a Portland attorney for Merle Baldridge, described the lawsuit as a landmark disability discrimination case that forces the prison system to improve conditions for all inmates with disabilities by following the Americans with Disabilities Act and Oregon law. Specifically, under terms of the settlement, state prisons will provide deaf inmates with sign-language interpreters for orientation, medical exams, counseling and other daily interactions of life.

The Oregonian

Clark Anderson has accepted a position working as the Interim Executive Director of the Eugene Hearing and Speech Center. This is a temporary job while the Center Board completes the recruitment process for the permanent Director. He has been a client of the Center most of the time that he has have lived in Lane County. He says, "It is great to work with and get to know the good and committed staff during this period as well as to perhaps have some influence on the Center's future." Bravo Clark!

New Survivor's Manuals –FREE to Anyone. Donations appreciated. Cost to mail copies is \$4 each or 20 for \$35

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

Keeping Your Batteries Charged

Information You Can Use

Incredibly, the promise of a cure for hearing loss and tinnitus is very real. And underlying that promise is the discovery that chickens have the ability to spontaneously restore their hearing by regenerating their damaged hair cells after suffering hearing loss. While humans and mammals do not naturally regenerate hair cells, Hearing Health Foundation's (HHF) Hearing Restoration Project (HRP) is aiming to enable just that. With sufficient funding, they estimate clinical trials within ten years.

Seattle Seahawks fullback Derrick Coleman — the NFL's first legally deaf offensive player — became a bit of an internet sensation recently after starring in a powerful Duracell commercial, and then after tweeting a picture of a sweet letter a young deaf fan wrote him. The letter from nine-year-old Riley Kovalcik began, "I know how you feel. I also have hearing aids. Just try your best." Coleman wrote back to Riley and her twin sister Erin, who is also hearing-impaired, and called her "a friend I have so much in common with."

A survey, using data from a database information on more than 60 million unique patients, shows that there are more than 66,000 new cases of SSNHL (sudden sensorineural hearing loss) in the US each year.

Seahawks' Derrick Coleman

Derrick Coleman, is the first legally deaf offensive (fullback) player in the NFL. He has been deaf since the age of 3 because of a genetic and incurable hearing loss, but his inability to hear never caused him to quit football. He taught himself to read lips because his powerful hearing aids weren't always enough. He overcame incredible odds, as a star in high school, then at UCLA. When he wasn't picked for the NFL Draft, the Seahawks offered him a tryout. The rest is history.

How does he manage to keep those hearing aids in during a game? He said hearing aids were a problem, but his mother creatively used a pair of pantyhose to help the aids stay put inside his helmet and to cut down on the feedback .On the field when a play is changed at the last minute, the team's quarterback Russell Wilson turns around to mouth the play (silently) so Coleman can read his lips.

He's been an inspiration to children, especially those with the same genetic defect and kids making contact to tell him he was now their role model and hero. He spent time the day before the Super Bowl handing out hearing aids to 100 New Yorkers at Yankee Stadium. The event was a "hearing mission" organized by the Starkey Hearing Foundation.

Derrick says, "You can always make something work if you really put your mind to it." . By Vicki March (excerpts from Neal Karlinsky of ABC News and USA Today Sports)

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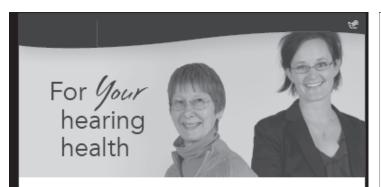


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Inside this issue:		
Women and BMI	1	
Untreated Hearing Loss	2	
Leone's Lines	2	
Keeping Your Batteries Charged	3	
Clark Anderson and EHSC	3	
Seattle's Derrick Coleman	4	
Meeting Information	8	

This copy is freeplease feel free to take it.

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

Hearing Loss Lane County Oregon Chapter

March 13 7:00 pm Keeping in the Loop Linda has worked as a Hearing Loss Peer Mentor with Vocational Rehabilitation for over 20 years. She has used hearing aids since she was 35. Members of

wondrous adventure ever since. Linda has studied the telecoil and all the aspects Hearing Loss Association introduced Linda to the 'Telecoil'. It has been a

of how to use it. She has discovered through her experimenting with different

telecoil enabled equipment such as Assistive Listening Devices many ways for

Hard of Hearing people to be able to hear in difficult situations at work and in the home. She'll explain how to use your telecoil in challenging situations. and also explain the difference between the automatic telecoil v s. the manual telecoil.

She will be demonstrating the Williams Sound TV loop system, and how to use the neckloop with the cell phone. A list of known venues in Lane County that And the pros and cons between the solid telecoil and the MT telecoil.

offer Assistive Listening Devices will be handed out. Come and join us for a night

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

Real time captioning by CC Reporting Debby ad Jan)

by amplification—loop assistive listening

systems.

Hilyard Community Ctr. **Board Meeting Mar 4** 2580 Hilyard St Eugene Calendar