

Sound News

June 2015

Volume 9 number 6

WHO: 1.1 Billion Teenagers and Young Adults Are at Risk of Hearing Loss

Hear-It

Source: www.who.int/

More than one billion people are at risk of damaging their hearing due to unsafe listening practices, according to the World Health Organization. "As they go about their daily lives doing what they enjoy, more and more young people are placing themselves at risk of hearing loss", says Dr. Etienne Krug, the WHO's director for injury prevention.

The organization estimates in a report that nearly 50% of all people aged 12 to 35 who live in middle- and high-income countries are exposed to unsafe levels of noise from the use of personal audio devices. Furthermore, another 40% are exposed to potentially damaging levels of noise at concert venues, night clubs etc.

Analysis from the US suggests that between 1994 and 2006, the prevalence of hearing loss among teenagers rose from 3.5% to 5.3%. WHO expects this rise to continue in the coming years.

Dr. Etienne Krug states that these people will incur irreversible damage to their hearing. "They should be aware that once you lose your hearing, it won't come back. Taking simple preventive actions will allow people to continue to enjoy themselves without putting their hearing at risk", Krug says.

WHO consider a volume above 85 decibels for eight hours or 100 decibels for 15 minutes as unsafe. To counter the risk, the WHO recommends that young people keep the volume down on their personal audio devices, wear earplugs when visiting noisy venues and use carefully fitted and noise-cancelling headphones. Furthermore, WHO recommends that the daily use of personal audio devices should not be used for more than an hour a day at a reduced sound level.

Extending Hearing Aid Battery Life

An 8th grade student may have made a discovery that could save people who wear hearing aids significant money.

Ethan Manuell is an audiology patient at Olmsted County Medical Center and wears a hearing aid in his left ear. He began a study, with the help of his audiologist, Mary Meier Au. D, looking into the effect wait time has on hearing aid batteries, which is the time between activating the battery and placing the battery in the hearing aid.

To activate a hearing aid battery, users need to remove a sticker on the battery which allows oxygen to mix with zinc-oxide inside the battery. Manuell did tests to see if waiting a little longer before putting the battery into the device would make a difference. What he found was if users wait 5 minutes after pulling off the sticker, the battery will last 2-3 days longer, which is significant considering batteries usually last anywhere from 2-7 days depending on the model.

"The more energized zinc you have, the longer it lasts. So this discovery I made, if you wait five minutes, it improves the battery life by 80%," explains Manuell.

Ethan has won several awards and received recognition for his "5 minute rule" discovery, including earning a US Naval Science Award.

Many new car models are so loaded with electronics that the T-coil is overpowered by the electro-magnetic noise from the high-tech components. It's easy to determine whether or not a car is well suited for T-coil users. Just take a seat in the car, start the engine and activate the T-coil as you would when driving.

In a T-coil friendly car all you will experience is a gentle and insignificant whoosh in your ears. If you hear annoying interference from electrical sources, you should look for another car. When testing the car's T-coil suitability, make sure you turn on the window wipers, the fan and other potential noise-makers. *Source: Motor and FDM 2008*

Leone's Line



It takes a lot of bravery to look around you and see the world not as it is but as it should be.

COACH SUE SYLVESTER
on the final episode of Glee

The world is a tough place for the hard of hearing. Our loss is invisible and people just plain forget that we can't hear and then often feel put out when we ask for help. But ask we must!! And Educated we definitely must be!!
(Oh that's terrible grammar but makes a point!)

We have to be strong and brave and understanding when we ask for help but people are usually glad to help when they understand what we need.

Get Your Hearing Tested!!

Hearing Health Foundation

Why should you get your hearing tested and treated?

The answer is simple: **because your health and happiness may be at stake.**

Undiagnosed and untreated hearing loss can have a detrimental effect on personal relationships: Research demonstrates the considerable negative social, psychological, cognitive, and health effects of untreated hearing loss with far-reaching implications that go well beyond hearing alone. In fact, those who have difficulty hearing can experience such distorted and incomplete communication that it seriously impacts their professional and personal lives, at times leading to isolation and withdrawal.

Checking for a Stroke

1. Ask the individual to SMILE.
Look for facial weakness, especially on one side.

2. Ask him or her to RAISE BOTH ARMS.
Watch for both arms to remain at the same height

3. Ask the person to SPEAK A SIMPLE SENTENCE clearly such as: "It is sunny out today." That sentence has plenty of sharp sounds so listen carefully for slurring.

If he or she has trouble with any of these 3 tasks, call an ambulance immediately and describe the symptoms to the dispatcher.

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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

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Oregon website: www.hearinglossOR.org
Chapter website: www.hearinglosslane.org



Out & About

Clark Anderson participated in the Deaf and Hard of Hearing Legislative Day on April 27th on behalf of HLAA-OR. They had a table and handed out a number of Survivor's Manuals.

Andrea Cabral had a Mini Taste of Technology in Portland giving away 100 Survivor manuals.

Clark Anderson attended Legislative HOH and Deaf Day in Salem Monday May 4 .

Leone Miller has an article in the Spfd News Senior Living pamphlet about our Survivor's manual. Also sent info for June Lane and Linn County Sr. Boomer News.

Medicare Coverage of Hearing Aids and Aural Rehabilitation

Medicare covers hearing evaluation only if a physician orders the tests, and the purpose of the test is largely diagnostic, that is, to select the type of medical or surgical treatment needed for a hearing loss or other medical issues. Medicare explicitly excludes "hearing aids or examinations for the purposes of prescribing, fitting, or changing hearing aids." Because hearing aids are statutorily excluded under Medicare, any coverage for Medicare beneficiaries will require amending Title 18 of the Social Security Act.

The Hearing Loss Association of America (HLAA) supports amending Title 18 of the Social Security Act to include coverage of hearing examinations for the purposes of prescribing, fitting or changing hearing aids, coverage of the hearing instruments themselves and aural rehabilitation.



FEELING THE SOUL OF MUSIC

David Helfand composer, performer and multi-instrumentalist who plays Celtic Harp, Mandocello, & Guitar led our May meeting and shared his harp with some of our members.

Keeping Your Batteries Charged



Information You Can Use

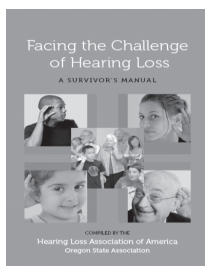
The consumer electronics titan Samsung is making plans that could shake up the hearing aid industry. After watching the successes of the partnerships that its industry rival Apple has forged with GN ReSound and Starkey Hearing Technologies, Samsung appears ready to invest in the hearing aid industry. The Korean company is proposing to actually manufacture its own hearing device.

Exercise is healthy, but the noise you are likely to encounter in the exercise studio is not. Often, the noise level is dangerous during fitness sessions because of loud music. This may result in loss of hearing.

The noise levels during spinning classes in a number of fitness centers in the United States were recorded by researchers from George Mason University in Virginia. Typically, the noise levels recorded were 100-110 dB, which is 30-40 dB above maximum levels recommended by the American Council on Exercise (ACE).

Guidelines for safe music volume ACE, a professional organization for aerobics instructors, issued guidelines for safe music volume in fitness settings, recommending that the noise level be no higher than 70 -80 dB during aerobics classes. These guidelines, however, are rarely adhered to.

George Mason University



New Survivor's Manuals
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You Are Not a Worse Driver, Just because You Have a Hearing Loss

A Swedish doctorate shows that motorists with hearing loss are in no way a greater risk in traffic than other motorists. There is therefore no need for greater requirements for hearing in motorists.

People with hearing loss generally drive more cautiously, says Birgitta Thorslund from The Swedish National Road and Transport Research Institute.

The foundation used a questionnaire, a study in a driving simulator and an observational study in real traffic. In each of the studies, a motorist with hearing loss was compared to a motorist without hearing loss. Generally, the motorists with hearing loss were more cautious and observant.

The simulator study showed, among other things, that motorists with hearing loss lower their speed more than those with normal hearing when the traffic situation becomes difficult and the requirements for the motorist become more challenging. The study in real traffic showed that motorists with hearing loss look in their rear-view mirror and to each side more often than motorists with normal hearing.

Source: *The magazine*

Auris www.auris.nu, December 2014

Springfield Times & and Creswell Chronicles have partnered to release a Senior Living and Resource Guide called **Senior Living**.

It contains an article by Leone Miller about our Survivors Manual and dealing with hearing loss.

The publication is the Spring-Summer 015 issue.

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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Membership in HLLA is \$20 student, \$35 individuals, \$45 for couple/family, \$60 professional. It includes the award-winning bi-monthly magazine, *Hearing Loss*. Write HLLA, 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>.

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**Can't Hear With
Background
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I know because I struggled with this problem for over 10 years as my hearing got worse until I discovered the existence of Assistive Listening Devices (ALDs). These devices bring the sound source closer while at the same time increasing the high frequencies that make words crisp. This improves your understanding dramatically in noisy backgrounds. Personal amplifiers, like the **Audable Personal Listener (\$79.99 - w/ headphones & earphones)**, are used in restaurants, automobiles, and small groups to enable you to UNDERSTAND what is being said. **45-day price refund.**

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Web: www.devices4less.com FREE CATALOG



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

Please fill out this form /survey and turn in at the general meeting or 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 _____

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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. (We do not share our information lists with anyone else. Receipts will gladly be provided.)

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- o Hearing Loss ID Card – What should be on them
- o Communication Difficulties in Emergency Situations
- o Your Rights as a Hard of Hearing Patient
- o Steps to Use in the Waiting Room
- o Tips and Questions to ask Before your Hospitalization
- o Planning & Preparing for your Hospital Stay
- o HLA-LC Hospital Kits for HOH Patients
- o Emergency to Go Bag

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Calendar

Board June 2
3:30 to 5 pm Members Welcome
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Membership meetings are the 2nd Thursday of the month. They are accessible for all degrees of hearing loss by amplification—loop assistive listening systems.
Real time captioning by CC Reporting (Debby, Chris, ad Jan)