

Sound News

August 2015

Volume 9 number 8

The Drug Furosemide May Treat Noise Induced Tinnitus

Tinnitus caused by noise may be treatable with the drug furosemide if used shortly after tinnitus has been triggered by the noise exposure, a study shows.

Australian neuroscientists have found a connection between noise induced tinnitus and hyperactivity in the nerve cells of the brain. The researchers tested the drug furosemide and found that it can reduce the hyperactivity that causes tinnitus.

Tinnitus caused by abnormal pathway activity between the cochlea and the brain causes perception of tones in the absence of real sounds. In the study, furosemide reduced this cross-talk between the brain and the cochlea and may therefore be an important factor in the treatment of noise induced tinnitus.

Hyperactivity may cause tinnitus. Furosemide is usually used to reduce swellings and water retention but has now shown to be helpful in reducing hyperactivity in the brain and may therefore lead to a cure for tinnitus.

The test results show that both single and multiple use of furosemide reduced hyperactivity in the auditory nerve and midbrain. "It strengthens our argument that the hyperactivity is

somehow involved in the generation of tinnitus," Helmy Mulders, professor at University of Western Australia's Auditory Laboratory, says.

To have an effect, furosemide must be used when the auditory neurons are still sensitive, which means within a time window of six weeks after tinnitus has been triggered by damage to the inner ear.

Furosemide suppresses tinnitus. The drug furosemide was tested on guinea pigs deaf on one side. Researcher Helmy Mulders tested their reactions to sudden noise and was hereby able to tell which of them experienced symptoms of tinnitus. Testing with furosemide suppressed the behavioral side of tinnitus in the guinea pigs.

The next step is to test the effects of furosemide on people with noise induced tinnitus.

Source: www.sciencewa.net.au
[Hear it.org](http://Hearit.org)

VOLUNTEERS NEEDED Could you donate 2 hours a month of your time to your LOCAL HLA Chapter ?
We need : Board Members- Secretary -Publicity Person- Webpage help in Word Press.
Please contact: Shirley Perry @ sugarplum17@comcast.net

If Your Hearing Aid Is Weak or Not Working *Healthy Hearing*

First check the battery to make sure it's inserted correctly and functioning properly. Next, check that the volume control is set to a level you can hear. Then, check the vents and receiver openings to make sure they're not clogged with earwax or dirt, and that the tubing is connected properly. Finally, check to see if the microphone opening is clogged.

If the sound is distorted or inconsistent: Replace the hearing aid battery, because this could be a sign that it's weak or defective. Get rid of any lingering moisture in the tubing with an air blower and replace any cracked cords.

If the hearing aid is emitting feedback: Check that the volume isn't turned up too high, because that can cause your hearing aid to give off a whistling or squealing sound. Be sure the earpiece is inserted correctly into your ear and the microphone isn't covered by any clothing.

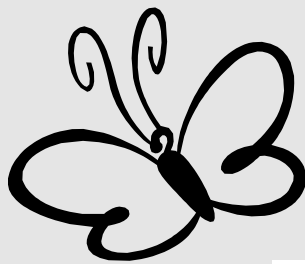
If the above troubleshooting tips don't resolve your hearing aid's issue, you seek hearing care professional. If any parts are missing or damaged, particularly the tubing, a visit to the audiologist for hearing aid repair is necessary.

Persistent feedback is also a sign you need to take the hearing aid to be looked at by a professional, since feedback can be a sign of an improper fit. Your ear changes shape over time, so your hearing aid can become slightly dislodged, creating a whistling or squealing sound.



Perhaps the butterfly is proof that you can go through a great deal of darkness yet become something beautiful.

Toery Mac



Leone

Sound News is a publication of HLA Lane Co and is published monthly.
P.O. Box 22501
Eugene OR 97402

5 Reasons Men should Test Their

Did you know men are more likely to suffer from hearing loss than women? Your hearing may say something about your heart. The inner ear is so sensitive to blood flow that it's possible that abnormalities in the cardiovascular system could be detected here first.

Hearing loss is about twice as common in people with diabetes. Research shows a link between hearing loss and dementia. Hearing aids could potentially delay or prevent dementia.

Hearing loss is tied to sleep apnea, a systemic disease that is linked to hearing loss, diabetes, high blood pressure, heart disease, and stroke. It is also tied to depression. Hearing aids use may reduce symptoms

During the warmer months the accumulation of moisture in in hearing devices is a problem.

Tips for Summer Hearing Aid Care Hearing Health

5 ways to keep your devices dry and safe:

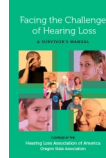
Use water-resistant hearing aid covers to keep out dirt, sweat, and moisture.

Dry instruments overnight using special dehumidifying containers.

Leave the battery doors open or take out the battery when not wearing your aids to avoid corrosion.

Use clips or lanyards to keep hearing aids secure.

Disinfect your aids. Warmth and moisture are breeding grounds for bacteria.



New Survivor's Manuals FREE to Anyone.

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

PO Box 22501
Eugene, OR 97402

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 HLA-LCO Inc. PO Box 22501, Eugene, OR 97402

Officers

President	Shirley Perry
Vice President	Donna Veal
Treasurer	Clark Anderson
Secretary	
Meetings/Program Coord.	Donna V & Andrea C
Meeting Rm Setup	
Database Coordinator	Karen Swezey
Hospitality	Brenda Holman
Fundraising Coordinator	Donna Veal
Publicity	
Events Coordinator	Shirley Perry
Newsletter Mailing	Pat Reilly
Past President	Andrea Cabral

Board Members

Clark Anderson	phone: 736-4804	email: clarkoa@msn.com
Andrea Cabral	ph: 345-9432(V/TTY/Fax)	email: angora@comcast.net:
Donna Veal	phone: 988-1117	email: doveal4@gmail.com
Shirley Perry	ph: 687-0135	email: sugarplum017@gmail.com
Lesley Bergquist	phone: 461-2693	email: lesleyb@earthlink.net

Article Deadline: Second Thursday each month
Newsletter Editor Leone Miller vnleone@comcast.net
Typesetting & Design Leone Miller 744-2994
Place an ad Karen Swezey kswezey@efn.org

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

Message from your Board President:

Message from your Board President: To all of our HLA & HOH members regarding the short cancellation notice for our July potluck social/meeting.

I had to have an unexpected emergency surgery for stomach cancer. This left your board short with incomplete instructions and not enough people to put on the potluck, so it was determined to cancel the event.

In the future, hopefully we will have enough chapter members stepping up to the plate as active volunteers to help and in general be willing to help whatever the need, so this doesn't happen again.

Thank you, Shirley Perry

Sign Language DVDs for Kids

Once Upon A Sign" series:

One episode features the well-known **Three Bears**. This time the tale is told in American Sign Language for those that are deaf. Live action and animation only add to the fun.

This is a wonderful DVD that will appeal to everyone, especially those who know or are interested in learning sign language. It includes subtitles and vocal story telling.

They also have Little Red Riding **Hood** and **The Magic Mirror**.

SoHo Teen Wins Award For Invention to Help Deaf People

By Danielle Tcholakian

Daniil Frants, 16, created with two of his peers the "Live-Time Closed Captioning System," a contraption that goes over a person's head and enables people with hearing disabilities to see closed-captioning of conversations happening in real-time.

Daniil described the product as "an auto-head display, sort of like Google Glass. "The microphone picks up speech, and the micro-computer converts it into a phonetic form, [using] voice recognition to display the text to the screen," Daniil explained.

Daniil said he came up with the idea for his product about a year or year and a half ago, and created it with two other Dwight students. "A lot of people were wondering if Google Glass could be used for something like this," Daniil explained. And it turned out that Google Glass wasn't really optimal for this, so I decided to make an alternative system which was dedicated to this function."

Daniil's invention, and those of the other winners, were chosen for their creativity, civic mindedness, ability to be scaled up for mass production, and ease for users. The teen said he plans to launch an Indiegogo campaign in the coming weeks to raise money "to bring in a few more people to take care of the details" and to finance production.

Keeping Your Batteries Charged



Information You Can Use

A survey in the U.S. has uncovered that more than one in four employees suspect that they have hearing loss. Of those, 95% respond that it impacts their work in a wide range of ways.

61% of the employees with hearing loss replied that they have to ask people to repeat what they have said. 42% say they misunderstand what is being said and 41% respond that they pretend to hear when they cannot.

Teachers experience hearing loss to a greater degree than people in other professions. Many do not seek treatment.

Noisy work environments for teachers make them more likely to develop hearing loss than people with different work tasks, an American study by Wakefield Research and shows that 15% of American teachers have a diagnosed hearing loss while this is the case for 12% of workers overall.

The problem is even more frequent for the younger teachers in the study. For teachers aged 18-44, 26% report a diagnosed hearing loss, while the number is only 17% for other types of workers.

Researchers at Boston Children's Hospital and Harvard Medical School have had successfully restored the hearing of mice with a genetic deafness in their test group. Improvements still need to be made, and while this type of therapy isn't quite ready for clinical trials, the researchers are hopeful that they can be working with people in the near future.

lapway: <http://clapway>.

Noisy Jobs

Jobs that cause hearing loss

According to the American Speech-Language-Hearing-Association, any high levels of noise can damage hearing. Furthermore, a single loud sound can lead to permanent hearing loss. Based on this, medicaldaily.com lists the following job types where the workers are at the greatest risk of suffering from hearing loss:

1. Carpenter, nail gun: 110-140 dB.
2. Ambulance driver, ambulance: 110-140 dB.
3. Lumberjack, chainsaw: 110-140 dB.
4. Musician, concert speaker: 110-140 dB.
5. Air traffic controller, jet engine: 110-140 dB.
6. Refuse collector, refuse truck: 85-100 dB.
7. Construction worker, jackhammer: 85-100 dB.
8. Landscaper, power mower: 85-100 dB.

Use hearing protection
Although the listed job types pose a great risk to hearing, hearing loss from these jobs is avoidable. The key to this is to use hearing protection

Hear it. org.

Electric Hand Dryers

Every notice how loud hand dryers are? Many are over 80 decibels even at 10 feet away. An Oregon senator is trying to get legislation restricting their use. Dryers are only used for 10-15 seconds but the noise awful.

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.

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

PHONE:

(800) 848-4442 - Voice

(800) 648-3458 - TTY

(877) 567-1977 - Fax

(971) 239-5845 - Videophone

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 www.rspf.org



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>.

All ads are subject to review. Preference will be given to advertisers offering goods and services to hard-of-hearing and deaf people. Mention of goods or services in articles or advertisements does not indicate HLA endorsement, nor does exclusion suggest disapproval.



THE RIGHT CARE. RIGHT HERE.

- Hearing evaluations
- Hearing aid consulting, dispensing and repair
- Testing and treatment of vestibular and balance disorders
- Patients of all ages

Above: Brad Smith Au D

Katherine Swem Au D

University District
458-205-6500



PeaceHealth
Medical Group



HEARING ASSOCIATES

Hearing is believing

Members of American Academy of Audiology and Academy of Doctors of Audiology

EUGENE 541.686.3505

FLORENCE 541.997.7617

Gail H. Leslie, Au.D.

Doctor of Audiology

dr.leslie@hearingassociates.net

Sandi L.B. Ybarra, Au.D.

Doctor of Audiology

dr.ybarra@hearingassociates.net

EugeneHearingAssociates.com

Feel Good About Your Hearing

For comprehensive adult and pediatric hearing evaluations, you can depend on our advanced technology and caring professionals. Call to schedule a consultation to learn more about the latest digital hearing aid products.



Laura Hurn, Au.D., CCC-A
Doctor of Audiology

OREGON

541-334-3370

330 South
Garden Way,
Suite 300

MEDICAL GROUP



General Technologies
3806 Security Park Drive
Rancho Cordova, CA 95742 1-800-328-6684.



Can't Hear With Background Noise?

Or do you have difficulty understanding words on TV or having a telephone conversation? 30 million Americans have this type of hearing problem. Hearing aids help very little when there is noise present and make it worse in loud noise. They work best in low noise, "living room" situations. Background noise (especially speech) and long distances to the sound source, make you unable to distinguish words.

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.**

Identical To Pocketalker Ultra \$79.99 (\$7 S&H)

Call General Technologies

(916) 673-2321 Fax (916) 673-2324

800-328-6684

E-Mail: Devices4less@hotmail.com

Web: www.devices4less.com FREE CATALOG



Help us Spread the Word!

Do you know someone who might like to know about the help available with HLA? Send us their name and address and we'll send them a Welcome Packet.

This space could be yours for special personal announcements

(Congratulations/Birthdays/ Memorials, etc.)

Member: \$20 non Member \$30

For 1/4 page size: \$45 member

NORTHWOOD CHRISTIAN CHURCH LIBRARY MOVIE

2425 Harvest Lane Spfd.

No movie in July or August.

September 16 Fireproof 1:00 FREE

The movie portrays the inspiring love story of a firefighter, his wife, and a marriage worth rescuing. At work, Capt. Caleb Holt (Kirk Cameron) lives by the old firefighter's adage: "Never leave your partner behind". At home, he lives by his own rules. His job is to rescue others. Now Caleb Holt has to face his toughest job ever, rescuing his wife's heart

Rated PG. Approx. 119 minutes. Named the Number 1 inspirational movie of the year. Captioned/Loop System

Oregon Relay...

Everyone deserves to
communicate by telephone
Just dial **7-1-1**



Oregon Relay is a free service that allows individuals with a hearing or speech disability to place and receive calls through specially trained relay operators. There are several forms of Oregon Relay services, depending on the needs of the user and telephone equipment.

For more information:

www.oregonrelay.com

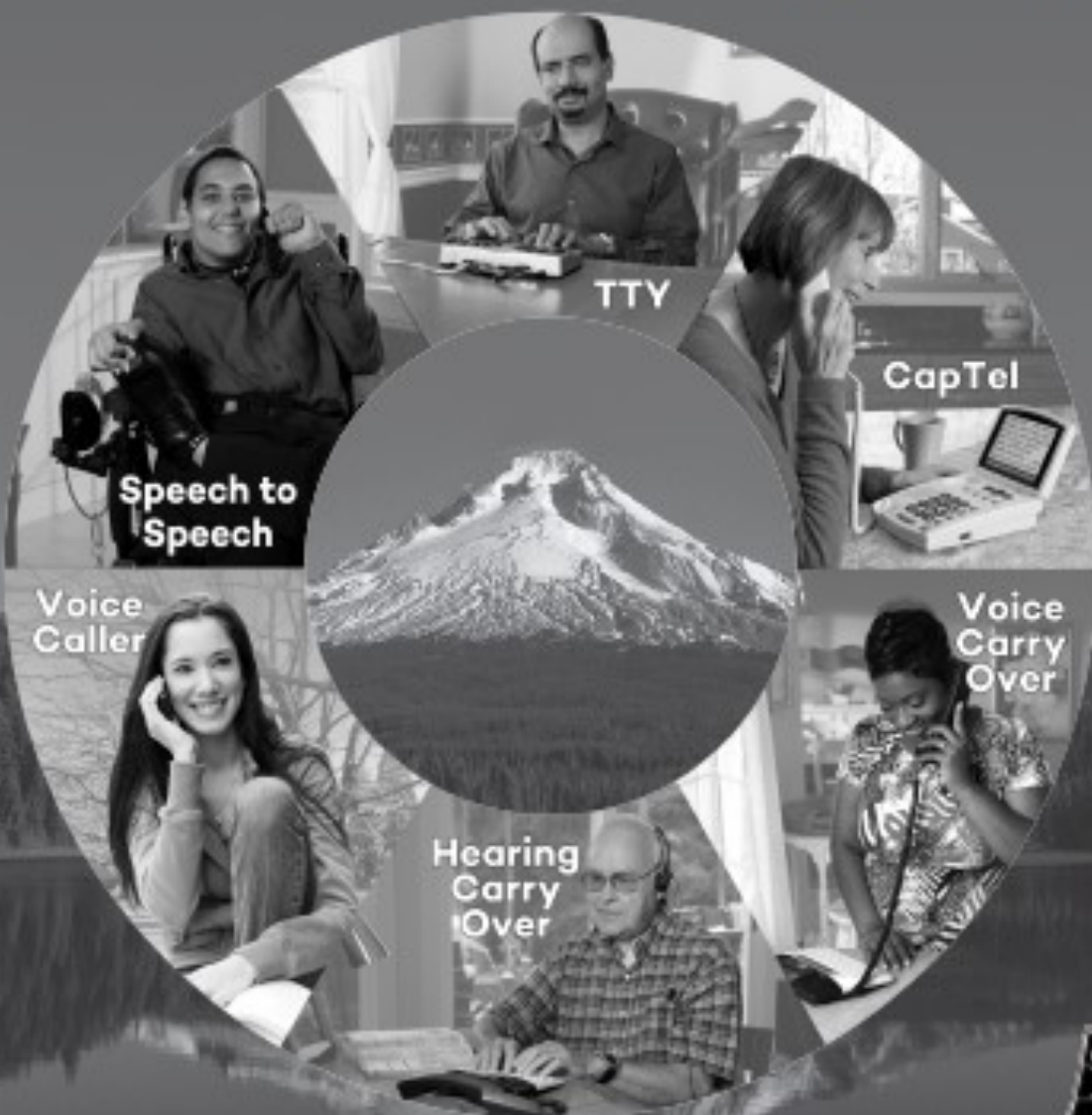
SprintTRSCustServ@sprint.com (Email)

800-676-3777 (TTY / Voice)

877-877-3291 (Fax)

877-787-1989 (Speech-disabled)

800-676-4290 (español)



Oregon Relay is a service provided
by the Oregon Public Utility Commission.

SPEAK, LISTEN AND READ WIRELESSLY!



sprintcaptel.com

Wireless CapTel® by Sprint® is a free app for individuals with hearing loss to place captioned calls on select Android-powered devices.* Wireless CapTel by Sprint delivers word-for-word captions of everything your caller says, while listening and speaking directly to your caller!

App features include:

- Integrated contact list
- Call history
- Font size/color modifications
- Built-in voicemail

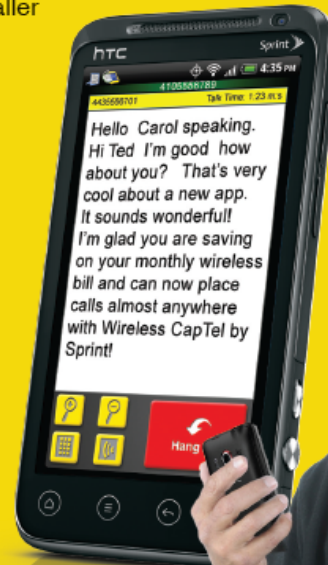


Scan to download app or search Wireless CapTel by Sprint in the Android Marketplace.

* App requires an Android-powered device with OS 2.2 or higher.

Need a device? Wireless CapTel by Sprint uses VOIP services to connect your calls. Start saving today by visiting sprintrelaystore.com/wcs

Although CapTel and Wireless CapTel by Sprint can be used for emergency calling, such emergency calling may not function the same as traditional 911/E911 services. By using CapTel and Wireless CapTel by Sprint for emergency calling you agree that Sprint is not responsible for any damages resulting from errors, defects, malfunctions, interruptions or failures in accessing or attempting to access emergency services through CapTel and Wireless CapTel by Sprint whether caused by the negligence of Sprint or otherwise. Wireless CapTel by Sprint is powered by Raketu. ©2012 Sprint. Sprint and the logo are trademarks of Sprint. CapTel is a registered trademark of Ultratec, Inc. Android, Google, the Google logo and Android Market are trademarks of Google Inc. The HTC logo, and HTC EVO are the trademarks of HTC Corporation. Other marks are the property of their respective owners.



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 _____

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

Memorial/Honorarium or Special Donations

I enclose a donation of:

____\$10 ____\$20 ____\$50 \$____

This gift is In Memory of:

In Honor of _____

____ Birthday

____ Anniversary ____ Holidays

____ Marriage

____ Survivors' Manual ____ Other

Please send notification of this gift to:

Name _____

Address _____

City/State/Zip _____

This gift is from:

Name _____

Address: _____

City/State/Zip: _____

ADDRESS SERVICE REQUESTED

Inside this issue:

Furosemide	1
Weak Hearing Aid	1
Leone's Line	2
Summer Hearing Aid Care Men— check your Hearing	2
Message from Shirley Sign Language DVDs	3
Keeping Batteries Charged	3
Noisy Jobs	4
Meeting Information	8

This copy is
free-
please 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

No general meeting for August

Enjoy some extra time with your family We'll see you
all in September.

Hard of Hearing Card to share with others

Please Face me—lip rerading helps
Speak clearly, slow ad do not shout
One subject at a time
Cut our **background noise** if possible
or **wirte** your message if necessary

Calendar

Board July 28
3:30 to 5 pm Members Welcome
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
systems.
Real time captioning by CC Reporting
(Debby, Chris, ad Jan)