

Sound News

September 2015

Volume 9 number 9

Gene Therapy Restores Hearing in Deaf Mice

By NANCY FLIESLER

Proof-of-principle study takes a step toward precision medicine for genetic hearing loss

Using gene therapy, researchers at Harvard Medical School and Boston Children's Hospital have restored hearing in mice that have a genetic form of deafness. Their work, published online July 8 by the journal Science Translational Medicine, could pave the way for gene therapy in people who have hearing loss caused by genetic mutations.

"Our gene therapy protocol is not yet ready for clinical trials—we need to tweak it a bit more—but in the not-too-distant future, we think it could be developed for therapeutic use in humans," said Jeffrey Holt, HMS associate professor of otology and laryngology.

CDC Study (from Nat. HLAA)

A recent study, Prevalence of Disability and Disability Type Among Adults, US, 2013, conducted by the Centers for Disease Control and Prevention (CDC) examines vision loss, cognition, mobility, self-care and independent living. Hearing loss is the third major public health issue after diabetes and heart disease, yet this study fails to make any mention about hearing loss, or even explain why the study failed to examine the prevalence of hearing loss.

HLAA will not sit quietly by while CDC relegates hearing loss to an invisible disability. We are taking action, contacting both the White House and the CDC to ensure that they rectify this huge error. See our letter to the White House. See our news release.

You can take action too! Contact: Maria Town, White House Office of Public Engagement, Maria_M_Town@who.eop.gov
Tell Ms. Town:

People with hearing loss cannot be ignored and must be included along with other disability groups in all studies that impact public policy and programs

CDC must do a study on prevalence of hearing loss in the states.

CDC must partner with HLAA on future projects regarding people with disabilities to ensure that people with hearing loss are included and studies are presented in an accessible way "People with hearing loss have been denied communication access in hospitals and doctors' offices, and by public programs such as Medicare which does not currently cover the cost of hearing aids," said Anna Gilmore Hall, executive director of HLAA. "The release of the report comes on the heels of celebrations surrounding the 25th anniversary of the Americans with Disabilities Act, and we are stunned they failed to understand the impact of excluding hearing loss as a disability that needs to be addressed."

Hearing-impaired students join Wallingford high school marching bands gleaned from Leigh Tauss Record-Journal staff WALLINGFORD

Ryan Bell and Sid Mautte IV may seem no different than other kids in the percussion section, both are hearing impaired and depend on technology to play. It is believed to be the first time hearing-impaired students have been in the school marching bands in more than a decade.

Bell uses a special hearing aid. "It sends vibrations into my ear and then I can hear," he said. During practice Tuesday, Bell played four instruments, moving from bass drum to the cymbal, triangle and wind chimes, tapping to the tempo with his right foot as his eyes locked on the sheet music. He uses visual cues to keep up with the band.

"So far he's doing a great job," said band director Dave Giardina said. "He has a great attitude."

Mautte, 15, has progressive hearing loss and has lost about half of his hearing. The adapters connect to a wireless microphone worn by Caverly and help Mautte hear instructions while the band is playing. The technology was provided by the school system.

Mautte said working with a group of students has been helpful.

The band students see themselves as a family and I think that these students are just part of that family.

Leone's Line



Over and over and OVER we are reminded that success involves taking risks, and that the most satisfying experiences we have in work and life involve stretching ourselves beyond our current limits.

And while fear can be a useful warning system, it can also prevent us from embracing possibilities that are waiting for us on the other side. Let this week be about remembering times when you've moved forward despite fear and been rewarded with an amazing view of success. If you've done it before you can do it some more!

From *Ripples*

I want to stand as close to the edge as I can without going over. Out on the edge you see all the kinds of things you can't see from the center.

Kurt Vonnegut

Leone

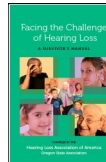
**Sound News is a publication of HLA Lane Co and is published monthly.
P.O. Box 22501
Eugene OR 97402**

Interesting Facts

Some stars with hearing loss:

Rob Lowe Deaf left ear (childhood mumps)
Bill Clinton Wears 2 hearing aids
Halle Berry 80% loss in left ear (boy friend hit her)
Stephen Colbert Deaf Right ear (tumor)
Rush Limbaugh 2 cochlear implants
Pete Townshend Tinnitus (rock music)
Jane Lynch Deaf right ear (fever as a baby)
Robert Redford lost 60% left ear (water pelting)
Holly Hunter Deaf left ear (mumps)
Jodie Foster Vertigo hard of hearing

48 million Americans have hearing loss



New Survivor's Manuals

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Volunteers needed:



We need members to be **at the**

Welcoming Table at the beginning of our general meetings. Duties will be written out for easy reference and are basically to arrive at 6:40 and greet people as they come in. Hand out raffle tickets and ask new people to sign in to receive a free Welcome pack about our chapter. This is an easy, but *essential* role to help our chapter. For more information contact: Lesley Bergquist at lesleyb@earthlink.com

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



Out and About

Voc Rehab is ordering 30 boxes of SM's. One box will go to each office. They bought boxes of 25 for each office last time.

If you know someone who would like a speaker or manuals let Leone or Karen know.

Top five Ways Hearing Aids Make You Look Good gleaned from *Debbie Clason, Healthy Hearing*

Nearly 50 million Americans experience hearing loss, yet only one in every five people who would benefit from wearing a hearing aid actually wears one. Why? While some cite financial reasons or don't believe they have a hearing problem, there are those who are concerned wearing hearing aids will make them appear weak or look old.

Here are five reasons wearing hearing aids makes you look good.

1. You have more energy to do the things you love

Hearing aids and vanity Hearing aids don't have to cramp your style. You might find it hard to believe that hearing aids can give you more energy, until you realize there is such a thing as hearing loss exhaustion. This occurs as the result of the extra mental energy your brain expends to keep up with conversations at work or school. While people with normal hearing can multi-task people with hearing loss must use that energy to concentrate on lip reading and deciphering verbal cues and gestures. Hearing loss can cause emotional exhaustion, too, leading to increased levels of stress, anxiety and depression.

Folks diagnosed with sensorineural hearing loss and prescribed with hearing devices as treatment, can alleviate this problem. Even though hearing devices won't restore your hearing to normal, they amplify sound, making it easier for your brain to process them. And when your brain isn't working so hard to understand what its hearing, it gives

you more energy to spend on the things you love to do.

2. You can be part of the conversation

There's nothing more frustrating than not being able to hear the conversation during family gatherings or in social situations. It's equally as frustrating for those who are trying to communicate with their friends and loved ones who are hard of hearing. The solution? Not only are today's hearing aids more comfortable to wear, they are also better able to distinguish speech from background noise. Talk to your hearing healthcare professional. Tell them your hearing expectations and what types of activities you participate in on a daily basis .

You'll be able to participate in conversation easier and likely enjoy life more, too. Studies conducted with individuals with hearing loss indicate those who wear hearing aids report a higher satisfaction of quality of life.

3. You can pretend you're a super hero

With today's hearing aid technology, almost anyone can pretend they have bionic hearing. Hearing aids have changed a lot over the last 10 years. Depending on the type of hearing loss you have, you may be able to wear a hearing device that is virtually invisible.

Continued p 4

Keeping Your Batteries Charged



Information You Can Use

Nobody knows the exact number of hearing-impaired people. Professor Adrian Davis of the British MRC Institute of Hearing Research estimates that the total number of people suffering from hearing loss of more than 25 dB will exceed 700 million by 2015.

Have you ever had a hearing test? Actually, half of all adults have never had a hearing test. We all lose some of our hearing when we get older. But most people do not notice their hearing gradually worsening.

Children who suffer from mild and moderate hearing loss are not given enough support in school which has negative effects on their academic achievements.

Researchers found that children with mild hearing loss were given 1.6 hours of support per week while those with moderate hearing loss were given 2.6 hours of support. The number for deaf children was 17.2 hours per week.

Because children with mild or moderate hearing loss possess better speech skills than deaf children, some learning difficulties get overlooked. Overlooked learning difficulties due to mild or moderate hearing loss can lead to a smaller vocabulary or result in problems picking up what the teacher is saying.

To begin the process of applying for a hearing aid with the Lions Clubs an individual living in Oregon or Northern California can call 971-270-0203 and leave a message with their name, address and phone number. A Lions Club volunteer listens to this referral line message and sends it to the person's closest club based on zip code. The club will then contact the individual and let them know what specific application process they have. They are

continued from p 1

4. You look fashionable

Depending on the type of hearing loss you have, you may not be a candidate for one of the invisible hearing aids. No worries — there are plenty of ways to incorporate other models into your own fashion style.

Be colorful. Most manufacturers make hearing aids in a variety of colors for both children and adults — with accessories to match. Choose your favorite color and, if you need additional "bling," customize them with your choice of stickers and sparkly accents.

Accessorize. Thanks to a variety of online manufacturers, you can accessorize hearing aids according to your own personal style.

5. Be a role model

Untreated hearing loss can lead to a variety of other health-related problems or be an indicator of other serious medical issues such as:

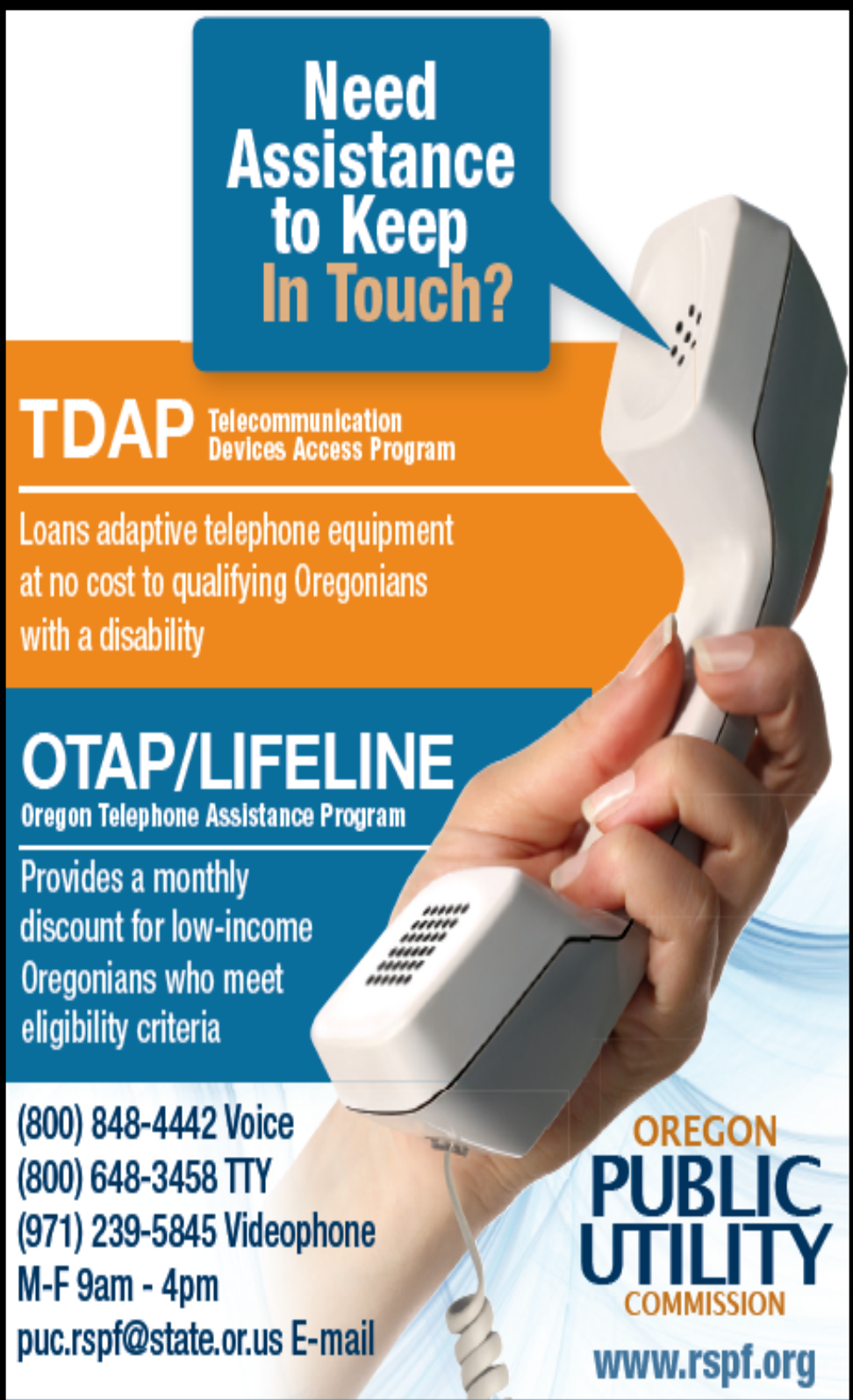
Alzheimer's and dementia. Even mild hearing loss are twice as likely to develop dementia. This risk increases with the severity of hearing loss.

Depression, anxiety and stress. There is a strong relationship between hearing loss and depression.

Brain atrophy. Researchers from Johns Hopkins and the National Institute on Aging found brains of older individuals with untreated hearing loss shrink faster.

Increased risk for falls. Because the ear plays a role in balance, hearing loss can lead to an increased risk for falls. Studies suggest even mild hearing loss can triple your risk.

That's why it's important to have your hearing tested — especially if you suspect you have hearing loss — and to seek treatment immediately if you're diagnosed with hearing loss.



Need Assistance to Keep In Touch?

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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.

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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.**

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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:

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- Call history
- Font size/color modifications
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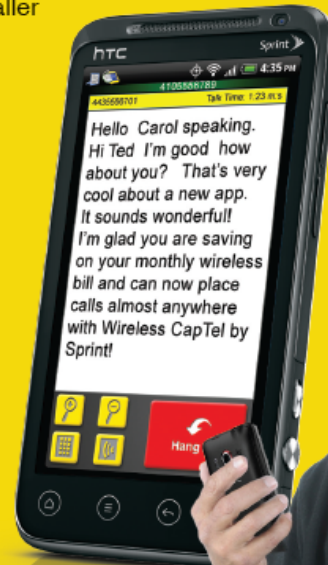


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* App requires an Android-powered device with OS 2.2 or higher.

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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 _____

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.)

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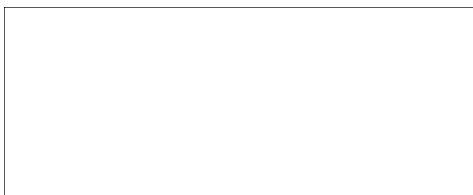
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to take it.



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

2580 Hilyard St., Eugene, OR

Thursday, September 9th at 7:00 p

Telecoils, Loop systems and Bluetooth ... OH MY!"

Tonight's presentation is by **Lesley Bergquist**. She is the Coordinator of our chapter's Assistive Listening Device loan program and a long-time member of our Chapter, as well as a member of the Chapter Board. Lesley uses ALDs personally and tries to keep up with the *basics* of changing technology.

What is a telecoil and what does it do?

- Do I need one?
- Do I already have one in my hearing aids?
- What is a "loop"? Can it be seen? Are there different types?
- Do I need a hearing aid to use a loop system?
- How is a telecoil different from Bluetooth?



This subject has confused a lot of people and generates a lot of questions. If you have a question that is not listed, please write it on a card at the meeting and I will do my best to cover it during the question and answer section. This will be a *simplified* presentation with a handout of key points. No physics class tonight!

Calendar

Board Meeting Sept. 1
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)