

Sound News

January 2016

Volume 10 number 1

How Noise Affects the Palate

Melissa Osgood, Cornell University

If you're planning to fly over the holiday, plan to drink some tomato juice. While examining how airplane noise affects the palate, Cornell University food scientists found sweetness suppressed and a tasty, tender tomato surprise: umami. A Japanese scientific term, umami describes the sweet, savory taste of amino acids such as glutamate in foods like tomato juice, and according to the new study, in noisy situations -- like the 85 decibels aboard a jetliner -- umami-rich foods become your taste bud's best buds.

"Our study confirmed that in an environment of loud noise, our sense of taste is compromised. Interestingly, this was specific to sweet and umami tastes, with sweet taste inhibited and umami taste significantly enhanced," said Robin Dando, assistant professor of food science. "The multisensory properties of the environment where we consume our food can alter our perception of the foods we eat."

The study may guide reconfiguration of airline food menus to make airline food taste better. Auditory conditions in air travel actually may enhance umami, the researchers found. In contrast, exposure to the loud noise condition dulled sweet taste ratings.

Airlines acknowledge the phenomenon. German airline Lufthansa had noticed that passengers were consuming as much tomato juice as beer. The airline commissioned a private study released last fall that showed cabin pressure enhanced tomato juice taste.

Taste perception depends not only on the integration of several sensory inputs associated with the food or drink itself, but also on the sensory attributes of the environment in which the food is consumed, the scientists say.

"The multisensory nature of what we consider 'flavor' is undoubtedly underpinned by complex central and peripheral interactions," said Dando. "Our results characterize a novel sensory interaction, with intriguing implications for the effect of the environment in which we consume food."



HLA Christmas party. Thanks to Bonne Bandolas for our pictures.

Leone's Line



Challenges are what make life interesting; overcoming them is what makes life meaningful.

Joshua Marine

One of my favorite sayings is: It's not a problem—it's a challenge. Easy to say and harder to make it work but it is true. We grow in adversity—especially when we do the right thing.

I know Christmas is over with but when you give someone a gift—how about including a Survivor's Manual along with it. It could be a blessing to many.

Leone



Volunteers needed:

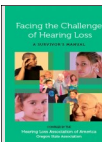
We need members to be **at the Welcoming Table** at the beginning of our general meetings.

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

Welcome

Our chapter will follow the same guidelines for canceling the general meetings as the Eugene 4J school district. If the schools are closed that day or close early we will not have a general meeting.



New Survivor's Manuals

FREE to Anyone
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Cost to mail copies is \$4 each or 20 for \$35
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A recent study confirmed that children with hearing loss or impairment have poorer language development than their peers with normal hearing, but also that the more severe the hearing impairment, the greater the impact was on language development. Logically, it would seem that hearing aids alone would be the solution. But in a twist, the study showed there was one caveat: the hearing aids must fit properly to have the greatest impact on language development. During the study it was discovered that 35 percent of the participants' hearing aids had been improperly fitted, which reduced the amount of speech information they received through the hearing aids. The researchers faced a dilemma, but ultimately chose not to refit the children's hearing aids.

Gleaned from Healthy Hearing

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



Out and About

Leone Miller will be speaking at the Eugene Lions Club on the 13th. Hope to take them a LOT of survivor's Manuals. We continue to take many to Eugene Coburg Albertsons and Costco Hearing Center. Who can you take books to? Remember these books are free and make wonderful gifts for any occasion.

If you have a hearing loss and play an instrument, you may be able to hear better.

Hearing Planet

If you have a hearing loss and play an instrument, you are better at detecting sounds against noisy backgrounds, processing sound and at remembering what you have heard than those who do not play an instrument.

Especially hearing in noisy backgrounds is a big challenge for many people with hearing loss.

A study from Northwestern University, Illinois has found that among people with hearing loss, musicians were better at detecting, processing and **remembering sounds**.

Music trains the brain

"Part of what you are doing as a musician is listening for meaning, harmonies and the sound of your instrument. Musicians outperform non-musicians in remembering what they've heard, and this skill is needed to hear in noisy environments. The nerves in the brains of musicians responded more clearly and precisely than non-musicians. By learning to play an instrument a person can develop auditory skills that improve the ability to hear sound and speech" according to Nina Kraus.

Hearing loss among older adults increases the risk of earlier death

Hearing Planet

Another study has found that users of hearing aids do not have higher risk of early death than other people

After adjustment for demographic characteristics and cardiovascular risk factors, the study found that hearing loss may be associated with a 39% and 21% increased risk of earlier death in individuals with moderate or severe hearing loss respectively, compared with individuals without hearing loss.

"In the simplest terms, the worse the patient's hearing loss, the greater the risk of earlier death", said lead author Kevin Contrera in a comment to the study.

Hearing aids increase quality of life

Using hearing aids also improves quality of life in most cases and reduces the negative impact of hearing loss.

A national survey of more than 1,000 people in the U.S. shows Americans value hearing highly compared to most other senses. At the same time, people usually do not think about taking steps to protect their hearing, but readily take precaution to protect other senses.

Keeping Your Batteries Charged



Information You Can Use

Ear bud headphones, even at low volumes, may be causing permanent damage to your hearing.

Researchers at Harvard Medical School's Eaton Peabody Laboratory have found that you can lose up to 90% of your cochlear nerve fibers without losing the ability to detect a tone in quiet environments. But once background noise is introduced, hearing ability drops dramatically. Therefore, the hair cells in the inner ear may be completely intact but hearing is still lost if the nerve synapses are damaged.

Ear bud headphones deliver stronger, more damaging waves straight to the cochlea — even at lower volumes. Researchers strongly recommend exercising caution. "Nerve fibers will never reconnect," said Charles Liberman, director of the Eaton Peabody Lab. "They no longer respond to sound, and, within a few months or years, the rest of the neuron will disappear."

Remember the 60/60 rule. To help slow hearing impairment, it is recommended using over-the-ear headphones instead. They provide a more natural delivery of sound, softening the blow to the inner ear.

Experts also suggest following the 60/60 rule: No more than 60% volume for no more than 60 minutes.

Source: www.nydailynews.com and www.sciencedaily.com

What is Tinnitus ?

Hearing Planet

If you've ever attended a rock concert or loud sporting event, or worked with noisy equipment like a chainsaw, you might have experienced a ringing sound in your ears. No one else hears it and it sounds like it's coming from inside your head. No, you're not crazy, you're experiencing tinnitus. Tinnitus, which comes from the Latin for 'ringing,' can also sound like buzzing, whistling or humming. It can happen in one or both ears and may be intermittent or consistent. For most of us the sound goes away after a while, but , 10-20% of the population has ongoing, chronic tinnitus.

What Causes Tinnitus?

Aside from the common ringing in the ears caused by loud noise, there can be underlying causes that often result in long-term tinnitus.

Some common causes:

- Exposure to loud noise
- Age-related hearing loss, known as presbycusis.
- Earwax blockage
- Otosclerosis, which is a stiffening of the bones in the middle ear that can cause tinnitus. This tends to be genetic.

Any kind of head or neck trauma can trigger tinnitus along with other symptoms like vertigo and headaches.

Less common causes:

- Meniere's Disease—causes vertigo and some hearing loss.
- TMJ disorders—the temporomandibular joint is in front of your ear on each side of the head. Any problem with the TMJ can cause ringing in the ears.

Acoustic Neuroma—this is a benign tumor on the cranial nerve in the inner ear. This usually causes tinnitus in only one ear.

While you probably can't prevent tinnitus caused by underlying conditions, you can be mindful of the noisy world around us.

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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
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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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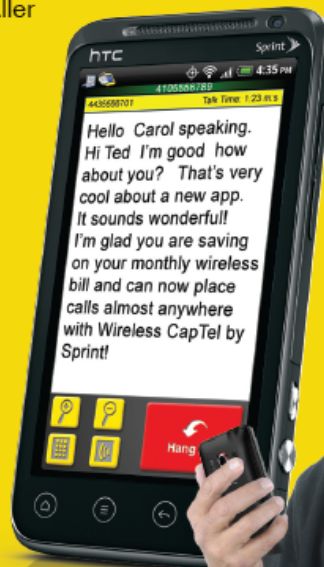


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Hearing Loss Assoc. of Lane County Chapter Fee and National Membership Form

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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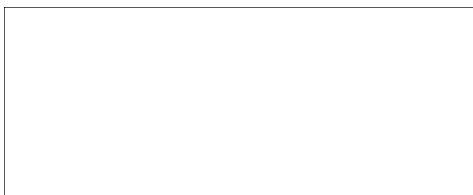
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2580 Hilyard St., Eugene, OR

HLA Meeting: Thursday, January 12 2016

Website: hearinglosslane.org

Disability Right in Lane County

By Pete Sorenson

Pete Sorenson was raised in Coos County, Oregon. He graduated from North Bend High School and earned his Associate of Arts degree at Southwestern Oregon Community College. He studied geography at the University of Oregon and earned his Bachelor of Arts and Master of Arts degrees in geography there. After working in the U.S. Congress for Congressman Jim Weaver of Oregon and for the Secretary of Agriculture in the Carter Administration, he earned his Doctor of Jurisprudence degree in Law at the University of Oregon. He's been an attorney, state senator and for the past 19 years, the Lane County Commissioner for the South Eugene District.

Calendar

Board Meeting Jan. 4
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)