

Sound News

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Interviews with 40 Professionals

David Baldrige MBA, PhD

Collectively, what emerged from our interviews with 40 professionals who have been successful in continuing to work, and sometime thrived, is a phenomenal story of resilience. Here is a brief summary of our main findings. Those who encountered hearing loss and continued to see themselves as successful engaged in the following.

First, they engage in a reassessment of who they are. As people posed the question to themselves, the answer was typically, I am someone who is a professional and though I hear less well/differently now, I am still the same person. There were stories of intense struggles in finding meaning, no doubt, but the common theme was not to see oneself as a victim, and to keep going.

Next, many of the people we spoke with often turned the traditional notion of "ability" on its head by using their "disability" to their advantage. For example, choosing jobs where hearing loss was an advantage (e.g., working elderly patients; serving others who are deaf/hard of hearing). Many also found meaning in helping others and broad service to society.

Finally, people supported their desire for success by utilizing non-workplace and non-family networks (e.g., ALDA, HLAA, etc.) for socio-emotional support both by seeking help and by offering help to others and perhaps most importantly findings others similar to themselves.

This story may not be fully yours but it is what we noted in aggregate. Our full analysis and findings are currently under review with a prestigious academic journal. We look forward to sharing the full article once the double blind review process is complete but this will take 1-3 years (i.e., academic journals typically use a double blind review process in which the professors reviewing a study do not know the authors' identities and the authors never know the identities of the review team, that involves several rounds of feedback and revisions and with acceptance rates as low as 2-3 percent; simply put it is a long and confidential process).

Again, thank you so much for sharing your story and helping us understand what it means to succeed and to keep going after a life-changing event.

Andrea was part of an interview at OSU and David responded to her with this information. Her provided insight regarding the workplace experiences of people who are deaf/hard of hearing. story of resilience.

Giving up or reducing smoking and avoiding passive exposure to tobacco smoke may reduce your risk of hearing loss, as research points to the fact that smokers and passive smokers are more likely to suffer from hearing loss.

"We found that the more packets you smoke per week and the longer you smoke, the greater the risk you will damage your hearing," explains lead researcher Dr. Piers Dawes from the Centre of Human Communication and Deafness at The University of Manchester in the UK.

One in ten Americans has difficulty hearing. 10.6% of all adult Americans say they have difficulty hearing. The proportion of those who have difficulty hearing increases with age. Age group 45-54, 11% say that they have difficulty hearing. 17% of those aged 55-64 have difficulty hearing. For 65-74 year olds, the proportion is 22%. Those aged 75-84, 34% say **that they have difficulty hearing.**

From the 2014 US MarkeTrak9 survey

Hispanics of Puerto Rican descent in the US have the highest rate of hearing loss. Mexican-Americans have the lowest. Nearly one in seven US Hispanic adults in the US some hearing loss.



Never forget that you are one of a kind.

Never forget that if there weren't any need for you in all your uniqueness to be on this earth, you wouldn't be here in the first place.

And never forget, no matter how overwhelming life's challenges and problems seem to be, that one person can make a difference in the world.

In fact, it is always because of one person that all the changes that matter in the world come about. So be that one person.

R. BUCKMINSTER FULLER

Top 3 reasons people don't seek treatment for hearing loss

"Hearing aids make me look old. They too expensive. I can't afford one, let alone two devices. Anyway, hearing aids don't work." Hearing aids can be affordable and many new models are so discreet that people won't notice you're wearing them, thereby keeping you from looking old. Aids take a lot of work to adjust to - often several audiologist visits in the first few months. Untreated hearing loss has been shown to correlate highly with isolation, depression and dementia, and you'll find that your quality of life improves once you seek hearing loss treatment. Your hearing loss may be due to ear wax buildup or another issue.

"I hear just fine."

Some people with hearing loss either don't realize they have it or are in denial. For some, it is a mix of both. Other times, when people say "I hear just fine," "I hear most things" or "I hear what I want to," they are in a state of denial. Having hearing loss often causes grieving and denial is just one step in the grieving process. They aren't yet ready to "admit" to themselves that they need treatment for their hearing loss. This may also involve projecting the problem, such as by accusing others of talking too softly or mumbling. Sometimes, people think that their hearing loss "isn't that bad" or isn't severe enough to warrant treatment. Sometimes people don't realize what they're missing out on, like their grandchildren's squeals or birds chirping. However, it's always best to seek hearing loss treatment sooner rather than later.

"What does it matter, anyway?"

Folks often don't realize that untreated hearing loss negatively impacts their relationships and overall quality of life. Others might do so in a melancholic fashion, indicating that they lack motivation and are depressed. Depression can result from being isolated from others due to hearing loss, or from a general state of aging and noticing that things have changed.

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
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Chapter website: www.hearinglosslane.org



Out and About

Clark Anderson, Tim and Leslie Berquist, and Linda Diaz met with Ginevra Ralph on April 8th to

discuss the SHEDD Institute of Performance Music's decision to put in loop systems for people that have hearing loss. We were asked to help put together a talk to share with the community in how to use telecoils with the new loop systems. This is an ongoing project in which the SHEDD is dedicated to making their performances accessible to Hard of Hearing people.

Lesley and Tim Bergquist attended a presentation on whales at the Cape Perpetua Visitor's Center. The center had an assistive listening device (with neckloop) available for use in the theater area. It worked quite well.

Children and Hearing Loss

www.who.int

Nearly 32 million children across the world live with disabling hearing loss, according to the World Health Organization, WHO.

WHO: 60% of hearing losses among children can be prevented

WHO report, "Childhood hearing loss: act now, here's how", suggests that 60% of childhood hearing losses can be prevented. It also highlights that if hearing loss is detected early enough and if children receive the care they need, they can reach their full potential.

"A child who struggles to hear may also struggle to learn to speak, underachieve in school and end up socially isolated," says Dr Etienne Krug, Director of the WHO Department for Management of Non Communicable Diseases, Disability, Violence and Injury Prevention.

"But this doesn't have to happen. We have a range of tools to help prevent, detect and treat childhood hearing loss," he said.

Causes of hearing loss in children

There are many causes of childhood hearing loss. WHO estimates that 40% is attributable to genetic causes; 31% to infections such as measles, mumps, rubella and meningitis and 17% to complications at birth, including prematurity, low birth weight and neonatal jaundice. In addition, an estimated 4% results from expectant mothers and new-borns unknowingly using medicines which are harmful to hearing.

Preventing childhood hearing loss

To prevent childhood hearing loss, immunizing children against diseases and regulating certain medicines and noise levels is vital.

To prevent and treat hearing loss in children, WHO suggests in their report:

Early identification of children with hearing loss

Provision of hearing devices and other communication therapies for children with hearing loss

Hearing care training for health professionals

Raising public awareness about ear and hearing care

The WHO report includes case studies from Cambodia, Canada,

Thailand, Uganda, United Kingdom, Vietnam and the United States.

Keeping Your Batteries Charged



Information You Can Use

NEW IMPLANTABLE HEARING DEVICE CAN ASSIST THOSE WITH HEARING LOSS

The University of Missouri's Ear, Nose and Throat Center is the only health provider in the state to offer a new fully implantable hearing device to patients. Dr. Arnaldo Rivera is the only doctor certified to give the surgical procedure to patients in the state of Missouri as well. "We are hoping this new technology will allow for patients with mild to severe hearing loss to hear with 100 percent clarity," Dr. Rivera said. Esteem is the name of this new implantable device.

ALLY-GOERS PUSH TO HAVE HELEN KELLER PLACED ON THE NEW \$10 BILL

There's been a national campaign launched to have one of Alabama's most recognizable ladies placed on the new \$10 bill. A group of school kids visiting Ivy Green Wednesday morning were given a front row seat to a big announcement. State and local leaders gathered at Helen Keller's birthplace to unveil their vision for the treasury department's new \$10 bill.

A new identification system uses your ear as the password, distinguishing between individuals by the resonation of sound in the ear cavities.

The earbud technology, developed by NEC Corporation, measures acoustic characteristics to recognize a person with more than 99 percent accuracy.

It doesn't require scanning, instead relying on an earphone with a built in microphone to receive and calculate sounds so it can be used during movement or while a person is working.

Seniors in denial about their hearing

Many seniors are not proactive about treating their hearing loss and often overestimate how others will react if they wear hearing aids, a survey shows. This is in spite of numerous studies from all over the world which have shown that hearing aids improve both hearing and quality of life.


A majority of senior citizens who suffer from hearing loss choose to ignore treatment with hearing aids and are in denial about the negative effects of hearing loss, an American survey shows. They also over exaggerate how others will react if they wear hearing aids while at the same time under-estimating others' perception of untreated hearing loss. More than 1/2 of the seniors asked admitted to having some degree of hearing loss, yet only one in six chose to wear hearing aids.

The survey found that 14% of the respondents have only had one or two hearing tests in their entire lifetime, while 16% have never had their hearing tested. In general, an unfounded fear that others will perceive them as old, feeble and "kind of dorky" prevents seniors from seeking treatment with hearing aids, according to the survey. That belief stands in stark contrast to the fact that most seniors report that they do not judge others for wearing a hearing aid.

One in four say they do not want to interact with someone who has trouble hearing and continuously ask them to repeat themselves. However, only 15% of respondents believe others react the same way when THEY are the ones asking others to repeat themselves.

Numerous studies show that hearing aids improve both hearing and quality of life, and that that others don't react negatively when one begins to use hearing aids.

Hear It



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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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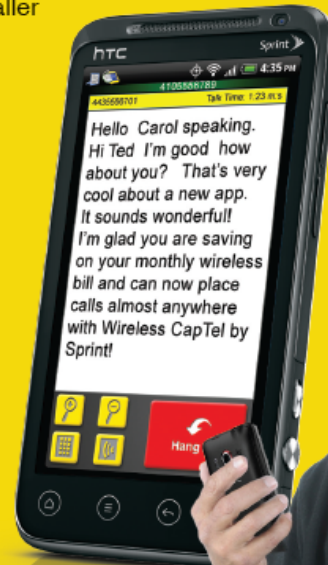


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Hearing Loss Assoc. of Lane County Chapter Fee and National Membership Form

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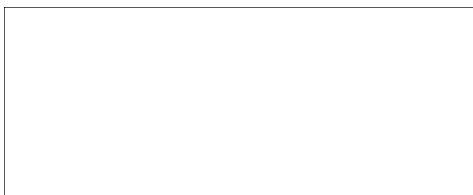
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