



**GROSSE POINTE
AUDIOLOGY**

“Now Hear This”

N E W S L E T T E R

20239 Mack Avenue • Grosse Pointe Woods, MI 48236 • 313.343.5555
www.gpaudiology.com

Fall 2010

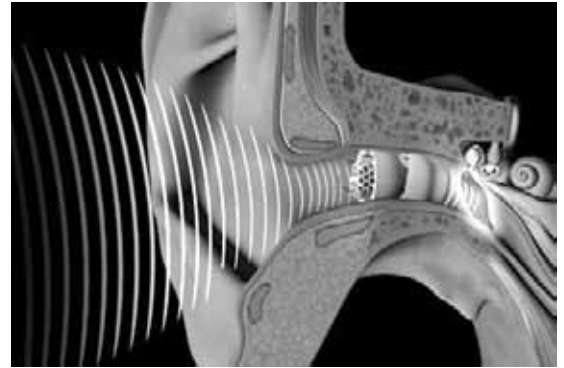
WHAT'S NEW IN TECHNOLOGY?

LYRIC® - 100% INVISIBLE, Effortless 24/7

Lyrice® is the world's first and only 100% invisible extended wear hearing device. The device is comfortably placed in the ear canal and can be used 24 hours a day, seven days a week, for months at a time.* No surgery or anesthesia is required. Unlike many other hearing devices, Lyric is positioned deep inside the ear canal, so it uses your ear's anatomy to provide exceptional sound quality in both quiet and noisy environments. Lyric lets you hear better and live life to the fullest!

Once placed, Lyric is 100% invisible, allowing you to enjoy all the benefits of better hearing without anyone knowing you're using a hearing device. There are no batteries to replace and no repairs to make. Just visit Grosse Pointe Audiology as needed to receive new devices with the latest Lyric technology.

Lyric is programmed for your specific hearing needs. You can adjust the settings and volume on your device as needed, as well as turn the device on and off.



Lyric was developed by InSound™ Medical, Inc. The company was founded by ENT physicians, hearing specialists, and engineers from the University of California, San Francisco and Silicon Valley. For more information and to watch a video on how Lyric works, please visit www.lyrichearing.com.

*Lyric can be worn for up to 120 days at a time. Individual replacement needs may vary.

Grosse Pointe Audiology is looking for patients who are interested in trying Lyric for 30 days. We will be fitting a select group of patients with this new technology on November 24th in our office. Please contact us at 313-343-5555 if you are interested.



Ask THE Audiologist

Q: My husband has difficulty hearing but he refuses to admit it or have his hearing tested. He says that his “hearing is fine,” but our friends and family members are getting very frustrated with always having to repeat themselves. How could he not realize how much he is missing?

A: Although hearing loss is one of the most common health problems in this country, it often goes unnoticed and the person with the hearing problem is usually the last one to become aware of it.

Described below are some of the characteristics of early onset hearing loss. Understanding these characteristics may help explain why hearing loss can “sneak up” on someone, even when family and friends are well aware of the problem:

Gradual. A loss of hearing can develop so slowly that you're not aware of any change from year to year.

Partial. You can develop a loss of hearing in the speech clarity range, but still have normal hearing sensitivity for background noises and for the loudness of

speech. That's why someone with early onset hearing loss may say, “I can hear people talking... I just can't understand them.”

Painless. Although tinnitus (a ringing or buzzing sound in the ear) may accompany hearing loss, usually there is no feeling or sensation that alerts you to a change in hearing.

Invisible. The person with a hearing loss doesn't look any different and you can't detect hearing loss by looking into someone's ears. Only a hearing test can determine whether a hearing loss is present.

Keep in mind that because of these characteristics, it is easy for the person with early onset hearing loss to believe there is no problem. It's also very easy for them to blame others, because to them, it really sounds like people are mumbling. If you know of someone who may have an undetected hearing loss, please ask him or her to read this. And remember, the first step is not to get hearing aids, but simply to have an audiological evaluation. We've never heard anyone complain if the results indicate normal hearing!

Kids on the Go Charity Auction

Grosse Pointe Audiology will be selling tickets to the "Kids on the Go" Charity Auction, "Field of Dreams," at Comerica Park on November 20, 2010. The auction will include:

- Roaming Food Stations
- Beverage Stations from Detroit's own Hard Luck Candy Vodka, Atwater Brewery and Wood's Wholesale Wine
- Photography Booth from John Martin Photography
- Silent Auctions
- Live Auctions led by 1984 World Champion Detroit Tiger Dave Rozema
- Piano Entertainment in the Cigar Bar by Frank McHugh
- Live Entertainment following the Live Auction and so much more...

Proceeds will benefit "Kids on the Go" which is a summer day camp that provides speech, occupational, and physical therapy services to children with special needs, at no cost to their families. Your support of this event will help keep "Kids on the Go" going!

Tickets are \$75 and are being sold in our office. Come in and purchase some tickets for this amazing event.

STROKE SURGE

It's not just the elderly who need to worry about having a stroke. In fact, the number of people having strokes between the ages of 20 and 45 has increased from 4.5% to 7.3% over the past decade. Experts think this uptick is probably linked to climbing rates of obesity and diabetes, but anyone can be affected. Recognizing a stroke can be hard, so use this **FAST** trick from the National Stroke Association if someone starts to show any symptoms such as sudden confusion, dizziness or weakness on one side of the body:

FACE: Ask the person to smile. Does one side of the face droop?

ARMS: Ask her to raise both arms. Does one arm drift downward?

SPEECH: Ask her to repeat a simple sentence. Can she not do it accurately? Are the words slurred?

TIME: If she has any of these symptoms, call 911 or get to the hospital ASAP. Quick, timely treatment minimizes damage.

DIABETES DOUBLES THE RISK FOR HEARING LOSS

Hearing loss is about twice as common in adults with diabetes compared to those who do not have the disease according to a study in the *Annals of Internal Medicine*. In a large national sample taken from the National Health and Nutrition Examination Survey (NHANES), the researchers discovered a higher rate of hearing loss in those with diabetes. The test measured participants' ability to hear low, middle and high pitched sounds.

Catherine Cowie, Ph.D., feels that as diabetes becomes more common, the disease may become a more significant contributor to hearing loss. She suggests that all people with diabetes should have their hearing tested.

If you are a diabetic or have a friend or family member who is, you should schedule a hearing test at Grosse Pointe Audiology. Simply call 313-343-5555 to schedule.

Noise Pollution: A REASON FOR HEARING LOSS

Welcome to the modern world which can be very, very noisy. Unless you live under a rock or in the countryside with no tractors, lawn mowers or power tools of any kind, you know all about "environmental noise."

The World Health Organization (WHO) is just one of the many groups that have become increasingly concerned about the dangers of noise pollution. WHO warns that excessive noise can seriously harm human health and can interfere with people's daily activities at school, work and home and during leisure time.

Noise pollution is a big problem. The American Speech-Language-Hearing Association (ASHA) has estimated 30 million Americans are exposed to dangerous noise levels on a regular basis.

Prolonged exposure to sound exceeding 80 decibels can cause a number of health conditions including:

- Hearing Loss
- Tinnitus, also called ringing in the ears
- Sleep Disturbances
- Cardiovascular Problems
- Pain and Fatigue
- Poor Work and School Performance
- Speech Problems
- Hormonal Responses (Stress Hormones) and their consequences on human metabolism and immune system.



The Better Hearing Institute advises these common sense guidelines:

- Know which noises can cause damage, including jet engines, lawn mowers, motorcycles, chain saws, powerboats, power tools, tractors and farm equipment, and personal stereos. If you have to raise your voice to shout over the noise to be heard by someone within an arm's length away, the noise is probably too loud and can damage your ears.
- Since loud music is a well-known source of toxic noise, keep the volume of your iPod or other personal audio equipment to a comfortably low volume and take frequent breaks from listening.
- When involved in loud work or recreational activities, wear hearing protective devices such as earplugs or earmuffs. There are especially designed earplugs for listening to music and there are others designed for hunters and people who play music for a living.

To learn more about hearing protection or if you have questions regarding noise and noise exposure, please call our office at 313-343-5555.

DANGEROUS SOUNDS

Repetitive or long-term use of some machines may instantaneously cause permanent hearing loss. According to the National Campaign for Hearing Health, here are some examples of dangerous sounds, their decibel levels, and the time it takes exposure to them to cause hearing loss:

Power lawn mower: 90-100 dB; 1-2 hours

Chain saw: 110dB, 2-3 minutes

Leaf blower: 95-115 dB, 1-5 minutes

Fireworks: 130-190 dB, 1-10 seconds

Snowmobile: 100 dB, 15-30 minutes

Rock concert: 110-120 dB, less than 30 seconds

Handgun or rifle: 150-170 dB, less than one second



HOPE FOR STROKE PATIENTS

Stroke patients may improve years after their strokes. Recent finding: Even two to three years after their strokes, patients still can learn to use undamaged areas of the brain to perform tasks, especially if their physical therapy includes long-term, supervised walking on a treadmill. Physical therapy typically is prescribed for only 30 to 60 days following a stroke because until recently, it was believed that patients could make significant improvements only within that time frame.

—Daniel F. Hanley, MD Department of Neurology, John Hopkins University, Baltimore, and leader of a study published in *Stroke*.

Helpful SPEAKING HINTS

Here are a few suggestions when communicating with a person with a hearing loss:

- Slow down your speech. Slower speech makes it easier for the person with a hearing impairment to understand what is being said.
- Look at the person when talking to him/her. Lighting should be on your face so your lips and facial expressions are easier to read.
- Use gestures and expressions. Gestures and facial expressions provide additional information such as emotions.
- Pause between ideas. Pausing frequently after sentences or between thoughts allows the person the opportunity to get the message.
- Get closer to the person. Hearing aids are most effective when communication occurs within three feet.
- Speak in a normal loudness. Do not shout to the person because shouting distorts speech.
- Adapt your environment to improve communication situations. Eliminating background noise such as turning off the television when someone is speaking can greatly increase speech understanding.
- Rephrase rather than repeat. If the person did not understand what was said the first time, he/she may not understand it if you repeat it, so try another way.

By using these hints, you will not only help yourself from feeling frustrated and exhausted, but you will also help the person with hearing impairment conquer the same emotions.



Helpful HEARING HINTS

- Watch the speaker carefully. Concentrate, pay attention to lips, facial expressions, gestures and body language.
- Arrive early at large group functions so you can sit close to the speakers and position yourself to best see and hear.
- Request that public address systems be used at meetings or church when they are available.
- Try to limit the number of people you speak with at one time. One to one conversations are easier than group conversations.
- Be aware of lighting; position yourself so the light is behind you. This will reduce glare on the speaker's face, which will assist you in the use of nonverbal clues.
- Relax, it is easier to communicate when you are feeling alert and confident.



KIDS CORNER:

Dr. Lezotte

Both Aidan and Brooke are back in school. Aidan started 1st grade and Brooke started Kindergarten. Dane is loving all of the attention he gets since he is the only child home during the day.



PHONAK iCOM WARNING

We have just been informed by one of our manufacturers, Phonak Hearing Instruments, that their iCom's are not to be used with pacemakers. If you have a pacemaker and are wearing a Phonak instrument and using an iCom (a Bluetooth device that you wear around your neck to hear the telephone or television) please contact our office at 313-343-5555.

If you are a patient of ours with a pacemaker, please let your audiologist know when you come in for your next visit.

WAX TRAPS:

We are no longer able to receive wax traps at no charge from our manufacturers. Since there is a cost for us to purchase them, unfortunately we have to carry that cost on to you. Effective 6-22-2010 there will be a \$3 charge for all packages of wax traps.

SWALLOW A BATTERY? ACT FAST

Hearing aid batteries can be dangerous if swallowed. It is not that the electrical capabilities of a typical hearing aid battery are high enough to get physically hot when the battery shorts out, but the alkaline material from in the battery may leak out causing a chemical burn to body tissues should the battery become lodged in any part of the body. The lithium cell batteries are larger and more dangerous, but please be safe with your hearing aid batteries around children and pets.

Should you see someone swallow a battery, please go to the ER immediately or call the National Battery Ingestion Hotline at 202-625-3333 and follow their advice. Many times a parent or grandparent will not actually witness the child swallowing a battery, so if a child is coughing, vomiting, refuses to eat or shows other symptoms without the problem being discovered and there is a user of small button type batteries in the home or day care situation, please see your physician immediately or call the hotline.

If a child is old enough to understand consequences, we suggest that you show them your hearing aids and batteries and tell them should they find one, they should bring it to you immediately because it is poison.

KEEP YOUR HEARING AIDS AND THE BATTERIES OUT OF THE REACH OF CHILDREN.



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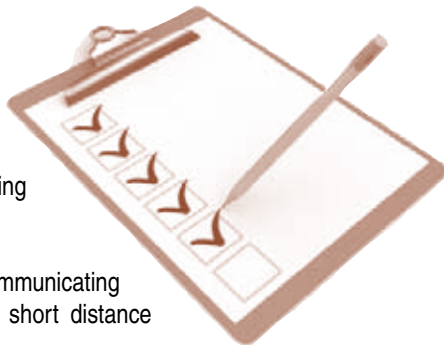
313.343.5555

CHECK YOUR HEARING!

Make sure you are not the last to know. Have your hearing checked today.

Yes No

- Do you frequently ask people to speak up or repeat themselves?
- Do you have difficulty following a conversation in a crowded room?
- Do you have trouble communicating when the other party is a short distance from you?
- Do you have trouble hearing the telephone ring?
- Do you turn the TV volume up louder than others need to?
- Do you seem to hear better from one ear than the other?
- Do you find it helpful to sit up front at religious services, meetings or gatherings?
- Do you seem to get tense and anxious at meetings or social gatherings?
- Do you have trouble following conversation between the front and back seats of a car?
- Do others (family/friends) comment on your inability to hear?



A YES answer to any of these questions may mean that you are having a problem with your hearing. YES answers to several questions strongly suggest a hearing evaluation is needed.

WEB SITE FOR TEENS WITH HEARING LOSS

Arielle Schacter, a 15-year-old high school student, has launched a web site (<http://bf4life-hearing.weebly.com>), short for "best friends for life minus hearing." The site is designed to provide teens with hearing loss with up-to-date information on hearing issues and to serve as a forum and a social connector to meet other hearing impaired young people.

"I never met another person just like me who is deaf or hard of hearing," said the site's founder. "I started thinking that if I can't meet people who have a hearing loss, then probably tons of other kids have the same difficulties."

Arielle, already a veteran advocate for children with hearing loss, has appeared twice on the TV program *Inside City Hall*, has been written about in *People* and the *New York Times*, and has testified before the U.S. Access Board.

