



**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
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Ask the Audiologist

Q: My dad just had his hearing tested and was told that he has a nerve loss and that he was not a candidate for surgery. The doctor recommended that he try hearing aids. When my daughter was tested they put tubes in her ears to help her hear better. What is the difference?

A: There are three types of hearing loss:

A **Sensorineural** hearing loss is the most common type. This is often referred to as a “nerve loss.” It is often due to aging, noise exposure, heredity, drugs, disease or a combination of all of these. A sensorineural hearing loss occurs when the inner ear and/or the hearing nerve are damaged and fail to transmit signals to the brain. This type of hearing loss is permanent. The only time surgery is performed for a sensorineural hearing loss is when the person is profoundly deaf and cannot make use of a hearing aid. Then they are a candidate for a cochlear implant. With the advances in hearing aid technology, people with a “nerve loss” can be helped with hearing aids.

A **Conductive** hearing loss means that the sound cannot get through to the auditory nerve. A conductive hearing loss can be caused by wax buildup, fluid in the space behind the eardrum (an ear infection), a hole in the eardrum or having the three little bones in the middle ear be disconnected due to trauma or infections. This is the type of hearing loss seen in children who have ear infections. A conductive hearing loss can often be treated with medicine or surgery.

Mixed hearing loss is a combination of a Sensorineural loss and a Conductive loss. So a combination of medication or surgery is used along with hearing aids.

Do you have a question for the Audiologist? Simply call 313-343-5555. If we print your question we will give you a free package of batteries.

WHAT'S NEW IN TECHNOLOGY? PHONAK SPICE GENERATION

The new Phonak Spice Generation represents a unique, holistic approach to innovation. With the introduction of The Spice chipset, new mechanical design and the exceptional computer fitting software, we now have the latest products. Everything works together to provide spontaneous hearing delight and lasting satisfaction.

The Phonak Ambra presents a set of trailblazing solutions that address today's key hearing challenges – the ability to understand in even the most difficult environments and empowers patients to personalize the performance of their hearing instruments in real time, in their own environment.

This hearing instrument offers first class hearing delight. The Ambra offers StereoZoom that allows wearers to focus on a single speaker while suppressing other interfering sounds. StereoZoom allows the user to effectively pick out the voice of a single person in situations with excessive background noise.

UltraZoom Premium is a very sophisticated adaptive, multichannel microphone system that applies a unique directional noise cancellation system. This reduces noise from the back and sides making speech coming from the front easier to hear. AutoZoomControl will automatically focus wherever speech comes from. This is great for use in a car or meeting. DuoPhone automatically sends the voice coming over the phone to both ears, no matter which ear one holds the phone to. And FlexControl intelligently responds to the desire for more hearing comfort, increased listening pleasure or enhanced speech understanding.

The Phonak Solana is the mid-range hearing instrument from the Phonak Spice Generation and the Phonak Cassia is the entry-level hearing instrument from Phonak's newest family of hearing aids.



Phonak has a product to meet your hearing needs and your investment desires. Please contact our office at 313-343-5555 and we will be happy to share this exciting new technology with you.

THE HEARING PILL

According to the American Speech-Language-Hearing Association, the military may someday have a pill to ward off or repair combat or noise inflicted hearing loss. Navy Captain Ben J. Balough, who is an otolaryngologist at the Naval Medical Center, San Diego, is in charge of research on a "hearing pill" – a special formulation of N-acetylcysteine (NAC) on which the Navy conducted a double-blind, placebo-controlled clinical trial in 2004.

That trial found that, when compared to a placebo, NAC reduced permanent hearing loss in the ear closest to the source of acoustic trauma. NAC has also shown potential in reversing other symptoms of acoustic trauma such as tinnitus and balance disorders. The day when you can take a pill to ward off hearing loss hasn't arrived yet and veterans in ever-increasing numbers continue to suffer the results of the sounds of war.

10 SIGNS YOU MAY HAVE HEARING LOSS

1. You have trouble hearing people talking on the telephone.
2. You have trouble following a conversation when talking to a group of people.
3. Your family complains that the TV is too loud.
4. You strain to hear conversations.
5. You have trouble hearing in a noisy environment.
6. You say, "What?" a lot.
7. People don't speak clearly.
8. You misunderstand people.
9. You have trouble hearing children and women.
10. You become annoyed at others because you can't understand what they say and you begin to avoid social events because of this.

Did any of the above describe you or a friend or family member? If so, call our office for a complete hearing evaluation.

COMMENTS FROM 55 YEARS AGO

"Did you hear that the post office is thinking about charging seven cents just to mail a letter?"

"No one can afford to be sick anymore at \$15 a day in the hospital. It's too rich for my blood!"

"When I first started driving, who would have thought gas would someday cost 25 cents a gallon? Guess we'd be better off leaving the car in the garage!"

HEARING AIDS PROVE TO BE EFFECTIVE "JOB PRESERVER" IN ECONOMIC TSUNAMI

As millions struggle to hang on to their jobs in a tumultuous economy, the Better Hearing Institute (BHI) reminds American workers that maximizing their ability to hear well is a smart job security strategy. To facilitate a timely hearing test for American workers, BHI is offering an online hearing test (www.hearingcheck.org) where people can quickly assess if they need a more comprehensive hearing check by a hearing professional. Treating hearing loss early is critical for optimal job performance.

"When people with even mild hearing loss use hearing aids, they improve their job performance, increase their earning potential, enhance their communication skills, improve their professional and interpersonal relationships, stave off depression, and better their quality of life," says Serqei Kochkin, PhD, Executive Director of the non-profit BHI.

"Unaddressed hearing loss has a negative impact on overall job effectiveness, opportunity for promotion, and even lifelong earning power," Kochkin said. "Now, more than ever, people in the workforce need to put their best foot forward and address untreated hearing loss. Currently, more than 24 million people in the United States who say they have hearing loss don't have hearing aids."

"Too often people with hearing loss delay the decision to get hearing help because they don't realize that taking a hearing test and receiving early treatment have the potential to transform their lives – and their livelihood." Call today to have your hearing tested.



LOUD NOISE CAN LEAD TO STROKES IN SENIORS

A recent Danish study revealed that as noise gets louder, people over 65 have an increased risk of having a noise-induced stroke. The risk was significant.

People over the age of 65 increase the likelihood of a stroke for every 10 decibels of increase in the loudness of the sound. Scientists determined that the risk of a stroke in the over 65 age group rises 14% for every 10 dB increase in the volume.

We have long known that exposure to loud sounds could lead to deafness, vertigo, ringing in the ears, and high levels of stress. Now we know that loud noise can do more than cause us to lose our hearing, it can ultimately cause us to lose our lives.

A quiet library is 30 dB, a normal conversation is 65 dB, a telephone dial tone is 80 dB, the noise in a car on a city street is 85 dB, a rock concert can be over 110 dB and a shotgun blast or a jet engine at 10 feet is 140 dB.

It is critical to your health to use ear protection when exposed to any loud sounds. We often aren't cognizant of the everyday sounds that could cause problems: any type of power tools, including lawn mowers, snowblowers, drills, saws, farm equipment, vacuum cleaners, blenders even hair dryers. If you work in a noisy environment, it is suggested that you have custom made ear protection. At home you can use special sound deadening earmuffs or foam ear plugs.

If you have questions concerning noise and hearing loss or sound protection, please feel free to contact our office for a free consultation.

BE HAPPY FOR YOUR HEART

You have been told that to avoid a heart attack, don't smoke, eat right and exercise, but a new study found that being happy may help too.

Researchers studied 1,700 Canadians with no heart problems. After 10 years they found they examined 145 who had developed heart problems and found that happier people were less likely to have had a heart attack.

Stress and depression have long been known to have an affect on the heart due to hormones that can damage the heart muscle. The doctors who took part in this study said that anything you can do to increase the amount of happiness in your life will be helpful to your heart health.



WHAT IS A TELECOIL?

Telecoil, T-coil, Telephone program are the names associated with hearing aids and talking on the telephone. A telecoil is a small coiled wire inside a hearing aid that picks up the magnetic signal from a telephone or a loop system, sometimes called an induction loop or T-loop. (These loop systems are often found in churches, assembly halls, theatres or schools. The hearing aid is equipped with a switch that can turn off the microphone or activate the telecoil.

The little coil of wire picks up the silent magnetic signal from the phone or other source, makes it louder and then turns it back to an acoustic signal or a sound that the person can hear. This little coil makes it easier to hear while on the phone rather than just using the microphone of the hearing aid. Because the microphone on the hearing aid is turned off, you hear only what is coming over the telephone, and not all of the other noise in the room.

You can also use a loop system in your home. You can either put a loop around the whole room or simply around the chair where the hearing aid user sits. Then you plug the loop and its amplifier into a TV and the person can put his hearing aid into the telecoil mode and improve his or her hearing and understanding of the TV. This might solve some of the complaints about the TV being turned too loud.

Many churches now have a loop amplification system. If you are experiencing difficulty at your place of worship, ask if they have this feature. We can help you learn how to use your telephone or loop program more effectively.

HEARING CHECKLIST FOR INFANTS

Most babies and small children with normal hearing respond to sound in ways shown on this checklist.

Birth to 2 weeks	Startled by loud sounds (hand clap, dog bark)	Soothed by mother's voice	Stops sucking momentarily when there is a noise or when you start talking
2 weeks to 3 months	Sometimes cries at sudden loud noises	Eyes search for a sound but not always in the direction of the sound	Seems aware of your voice
3 to 6 months	Turns her eyes toward the speaker or sound	Seems to enjoy a musical toy	Is sometimes startled or jumps when there is a sudden, loud noise
6 to 9 months	Directly finds the source of a sound made at her side or turns her head when you call her from behind	Stirs or awakens while she is sleeping when someone talks or makes a loud sound	Smiles or turns toward you when you say her name
9 to 12 months	Turns toward soft sound or his name spoken softly	Imitates a few simple sounds	Stirs or awakens while he is sleeping when someone talks or makes a loud sound
By 2 years	Can point to at least one part of his body without seeing the speaker's lips	Can point to the right picture (cat, man, house) without seeing the speaker's lips	Can pick up a toy when asked without seeing the speaker's lips

ARE YOU DIABETIC? TIME FOR A HEARING CHECK

The National Institute of Health funded a study that found that hearing loss is about twice as common in adults with diabetes as in those that don't have the disease. It has long been suspected that there was a link between diabetes and hearing loss, but this is the first study to show that a relationship exists even after such factors known to affect hearing as age, income level, noise exposure, tobacco use and the use of certain medications were accounted for.

Adults with blood glucose higher than normal, but not high enough to have diabetes diagnosis, had a 30% higher rate of hearing loss than those with normal blood sugar.

The research suggests that diabetes damages the nerves and blood vessels in the inner ear.

Did You Know?

- That seniors could cut their risk of falling by more than half by taking an exercise-and-music program called eurhythmics.
- Even though seniors are driving more, there has been a dramatic drop in highway fatalities in people over the age of 80. People who drive a lot tend to have fewer crashes than those who don't.
- Men and women who live to be 100 lived independently into their 90's. Very few were obese, had ever smoked, were able to handle stress better, and many of the women had children after the age of 35, even past 40.
- Five cups of coffee a day may treat as well as prevent memory loss. A study in mice with Alzheimer's symptoms showed that coffee directly reduced brain levels of amyloid proteins that characterize the disease.

INSOMNIA?

Having trouble sleeping? It could be your tinnitus or the noise levels you are exposed to during the day are causing the problem.

A study at Ben-Burion University in Beer-Sheva, Israel, found that even though workers who worked in a noisy place said that tinnitus was the main reason for their poor sleep, the hearing loss due to exposure to harmful sounds contributed to their insomnia regardless of age and length of employment.

KIDS CORNER:

Dr. Lezotte



Here are some pictures of Dr. Lezotte's children enjoying their vacation. Aidan is 7 years old, Brooke is 5 years old and Dane just turned 3. Dr. Sommerville will be adding to her family with a new baby boy due in August.



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THE GOOD, THE BAD AND THE UGLY

Good news first. A study in Belgium found that moderate alcohol consumption (at least one drink per week) had a protective effect on hearing. The bad news is that smoking significantly increased hearing loss in frequencies over 1000Hz, with the degree of damage dependent on the amount the person smoked. The effect of smoking on hearing remained significant even after cardiovascular disease was factored in.

The ugly is that excess weight can also affect your hearing. The higher the body mass index (BMI), the higher the incidence of hearing loss. On the other hand, taller people were found to have better hearing on average.

Hearing loss has long been considered just a part of the aging process, but more and more studies seem to suggest that a healthy lifestyle can help protect your hearing. Wear ear protection, don't smoke and maintain a healthy weight for better hearing now and in the future.

Ask Your Children

A large hearing aid manufacturer has released the results of a survey that it commissioned of 250 Americans aged 50 to 75, and 250 children of parents in that age group. The findings revealed a big disconnect between the two generations and more than a dash of denial among the older folks. Among boomers, only 35% had any recollection that someone in their family had suggested they get their hearing tested. However, among the children of baby boomers, 70% said that someone in the family had recommended that the father get a hearing test, while 64% said a test had been suggested to the mother.

There was also a gap regarding the impact of the older people's hearing (or lack of). Asked if they experience such feelings as isolation, fear of social situations or depression, fewer than 10% said they did so often or always. In the younger generation, 25% to 30% said their fathers often or always experienced such feelings and 20% to 25% said their mothers did.

Three-quarters of the 50-75-year-olds in the survey said they don't wear hearing aids and aren't considering doing so. Another 15% said they were considering getting hearing aids, but only 3% have taken any action. Only 6% said they now use hearing aids, and 4% reported trying amplification and giving up on it.



Maybe the time is here for you to have your hearing checked. Call today to schedule your complete hearing test with one of our licensed and certified audiologists. Call 313-343-5555.