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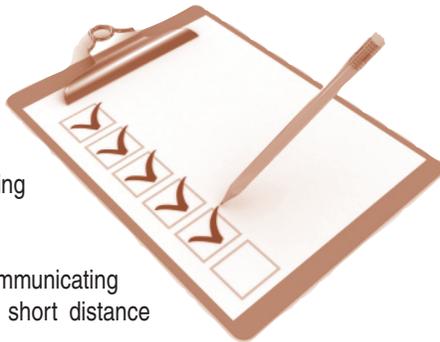
810-225-2205

## CHECK YOUR HEARING!

**M**ake 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.





## WHAT'S NEW IN TECHNOLOGY?

LET THE OTICON AGIL PRO TRANSFORM THE WAY YOU LIVE YOUR LIFE

**A**gil Pro from Oticon is like no other hearing device. It is designed to improve your ability to hear and understand, even in difficult listening situations. There is a sound processing chip inside **Agil Pro** that allows it to do things that have been impossible until now. Its super fast speed means more power to differentiate sounds and more mental energy to understand, remember and participate.

There are four unique features that work together to make **Agil Pro** one of the most advanced hearing devices on the market today.

- **Spatial Sound 2.0** – This technology supports the brain's natural process of understanding speech. You will never be bombarded with a “wall of sound.” Instead, you will be able to hear the voices that are speaking to you and shift attention to other voices as you choose.
- **Spatial Noise Management** – This technology employs wireless technology that uses spatial information shared between ears to capitalize on a better ear effect. This means that the hearing aids will automatically adjust so that the speech signal will be maximized and the noise will be reduced.
- **Speech Guard** – The **Agil Pro** offers the ability to follow conversations naturally and immediately. This hearing device works in harmony with your brain to recognize natural speech cues and keep competing noise or voices from distracting you, giving you a sense of quiet clarity.
- **Connect Plus** – This feature allows you to connect to any Bluetooth device to better hear music, TV, telephones or cell phones.

The **Agil Pro** is available in all sizes and styles of hearing aids.



**Call 810-225-2205 to come and hear the difference.**

The Oticon Agil Pro has a two year warranty.

You will receive a Zephyr Dry and Store to prolong the life of your new hearing aid.

## 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!

## 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.**

## CAN YOU HEAR ME NOW?

Those iPod rock-out sessions may affect your kids' hearing sooner than you think. About 15 percent of children and teens have hearing loss, and a Harvard/MTV survey found that nearly half of people ages 9 to 31 have ringing in their ears or hearing loss. Smart moves:

- **Use headphones.** Earbuds can do more damage since the music comes out closer to your eardrum. And they don't drown out external noise as well as headphones do, so you're more prone to crank it up.
- **Cap the volume at 75 percent of the max.** If the person next to you can hear the music, it's too loud, says otolaryngologist Roland D. Eavey, M.D.
- **Wear musician's earplugs at concerts.** They have special protective padding but won't drown out the music.

Call us to find out more about the Kidz Safe Earbuds and headphones.

## 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 The Hearing Clinic. Simply call 810-225-2205 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 810-225-2205.

## 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.

## 10 TOTALLY UNRELATED FACTS:

1. Ear wax comes in two types. Wet and dry. The wet form is found in 97% of the people from Africa and Europe. East Asians usually have dry wax.
2. Only 38% of teens in the U.S. wear seat belts. Car crashes are the leading cause of death for U.S. teens.
3. Most people do not recognize the signs of a heart attack.
4. Nearly 70% of hearing aids sold in the U.S. are the behind-the-ear type.
5. 34% of older Americans survive on Social Security alone.
6. 62 is the most common age to retire.
7. The frequency range of human hearing is 20Hz to 20,000Hz. Horses and cows can hear at 35,000Hz, a bat at 110,000 Hz and dolphins and porpoises at 150,000Hz.
8. 78% of Americans say they vote in every local, state and national election.
9. 45% of people between ages 50 and 64 own a dog, while just 27% over 65 own a dog.
10. Seven out of 10 people surveyed (67%) said they were concerned about hearing loss, but only 30% felt it was important to have their hearing tested.

## 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.

## COFFEE FILTERS – WHO KNEW?!

You can buy 1,000 at the Dollar Tree for almost nothing, even the large ones. Look what you can do:

1. Protect a cast-iron skillet. Place a coffee filter in the skillet to absorb moisture and prevent rust.
2. Apply shoe polish. Ball up a lint-free coffee filter.
3. Recycle frying oil. After frying, strain oil through a sieve lined with a coffee filter.
4. Weigh chopped foods. Place chopped ingredients in a coffee filter on a kitchen scale.
5. Hold tacos. Coffee filters make convenient wrappers for messy foods.
6. Stop the soil from leaking out of a plant pot. Line the pot with a coffee filter to prevent the soil from going through the drainage holes.
7. Put a few filters on a plate and put your fried bacon, french fries, chicken fingers, etc. on them. It soaks out all the grease.