



Hearing & Audiology Newsletter



Funny Bits

"Mike" got a bit hot riding his bike back from the beach and took off his top at the side of the road. There were a few seagulls about and he noticed one seagull swooping down. It picked up something off the side of the road. He wasn't sure what it was until he discovered his hearing aid had fallen out of his ear. He tried to throw something at the seagull and eventually it dropped his hearing aid. By this stage traffic had stopped as he was now in the middle of the road and slunk away hearing aid intact and in hand. :)

WE HAVE OFFICES IN

SUBIACO

DUNCRAIG

GERALDTON

Visiting KARRATHA

Lost a hearing aid? Check with the dog!



Welcome

We are writing this as it pours outside after what seems like the longest driest summer. Hope its been a welcome change for you too. The good news is more manufacturers are improving the water resistance of their hearing aids including some aesthetic designs. If you would like any further information on any of our stories please don't hesitate to contact us. Enjoy!

New Moxi Kiss

Moxi kiss offers an enticing new exterior. Inside it still has all the technology delivering high-fidelity listening. The tried and true Moxi open fit strategy works in harmony with technologies that deliver better speech understanding in noise. Smart focus works automatically to give you clinically proven optimal speech intelligibility in noise by putting the spotlight on speech. The new slim line design sits discreetly and comfortably behind the ear. It has an IP57 rating— see below.



Water resistant hearing aids ?

What does this mean? More recent hearing aids coming onto the market are being marketed as water resistant. The ingress protection (IP) rating is an international standard to specify environmental protection of electrical equipment. The IP rating normally has two numbers. The first indicates protection from solid objects or materials (like dust) and the second protection from liquids (water). To obtain a rating the hearing aids are exposed to conditions that mimic extreme exposure to dust/debris and water to offer assurance of performance once removed from and cleaned following the exposure. It shows the robustness of a hearing instrument when exposed to day to day stresses and performance under extreme conditions. Despite assurances provided it is important to note that most hearing aids are not waterproof. Rather after occasional accidental exposure to extreme conditions the hearing aid will still work given it is cleaned, dried and a fresh battery used.

To give you an example an IP57 rating means the hearing aid will still work after 8 hours of dust exposure or submersion in 1 metre of water for 30 minutes. More options are becoming available including power hearing aids.

For more information call (08) 9388 8003



For ongoing updates on the latest technology please go to our website: www.hearingandaudiology.com.au

Hearing begins... right here

Itchy ears?

The skin in our ear canal should be dry, clean and lubricated. Our ear canals have lots of nerves running close to the skin so can be sensitive to moisture, dry/dead skin, excessive ear wax or small irritation. A normal healthy ear has an unbroken surface of skin so before using any treatments mentioned make sure yours is healthy.

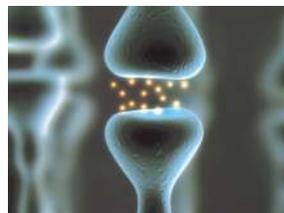
Your ear is self cleaning, ear wax is a complex substance containing oil, wax and dead skin products. It is not water soluble so washing your ears in water will only add excess moisture which if trapped can lead to itching and even fungal or bacterial infections. Debris, excess moisture or dryness can cause itching. The ear canal can be lubricated with olive oil or glycerin. If you suffer from chronically moist ears an alcohol/vinegar wash may be in order. It is important to have your ears examined periodically if you are treating them. Some of our clinicians have been trained to remove earwax, skin and debris and simple home remedies will help you stay itch free.



Do you know what I'm talking about?

Ever heard the saying 'if you don't use it you will lose it'? Well it turns out there is more truth to the saying than we realized and its not just us audiologists that have been talking about it. Recent research by Dr Lin who works in the field of epidemiology has found "compared to individuals with normal hearing, those individuals with a mild, moderate and severe hearing loss, respectively, had a 2-, 3- and 5-fold increased risk of developing dementia over the 18 year course of the study. Some possible explanations include social isolation, which may come with hearing loss, and cognitive overload. More definitive studies are to follow.

Hearing is a complex function that is not just the mechanical vibration and sensory input but also your brain's interpretation. Our brain is plastic which means it can change, so ensure its getting the stimulation it needs for optimal communication with your family and friends. This means if you have a hearing aid make sure you wear it! and have it adjusted appropriately. We recommend an annual check up.



uMic and RemoteMic

Capture Voices at the source

Enjoy understanding a one-on-one conversation in a very noisy environment with the uMic by Unitron or RemoteMic by Phonak. Paired with wireless Unitron Era and Phonak Spice hearing aids they provide excellent sound quality up to 20 metres away. Ideal for meetings, in the car, bowls, socially at noisy cafés or even if you are sick of repeating from the other side of the room.