

## EARTRAK

EARtrak is an independent survey which explores how much our clients use their hearing aids, what benefits they get from them and how satisfied they are with their hearing aids and with our services. About 6-7 months after your hearing aid fitting, you will receive a survey in the post. Please complete this survey honestly (we accept bouquets and brickbats!) and put it in the postage-paid envelope. Your comments are confidential and the summary reports we receive help us to improve our services to hearing aid clients. Please feel free to make an appointment at any time to discuss any problems with your hearing or your hearing aids.



### Make your old mobile 'phone useful.

Remove the SIM card and donate your phone to Youth Cancer Fund: Reply Paid 2883  
YOU CAN Campaign  
PO Box 2883  
TAREN POINT BC NSW 2229

## EAR CANDLES – ADVICE FOR PATIENTS

The American Food and Drug Administration (FDA) is warning consumers not to use ear candles because they can cause *serious injuries*, even when used according to the manufacturer's directions. FDA has found no valid scientific evidence to support the safety, effectiveness or benefits of ear candles.

An ear candle is a hollow cone about 25cm long made from a fabric tube soaked in beeswax, paraffin or a mixture of the two. In ear candling, a patient lies on his or her side while a candle is placed in the outer ear and lit.

The reported risks of ear candles are

- fire
- burns to the face, ear canal, eardrum and middle ear
- injury to the ear from dripping wax
- plugging of the ears by candle wax
- bleeding
- perforation of the eardrum
- delay in seeking needed medical care for an underlying condition

<http://www.fda.gov/MedicalDevices/Safety/AlertsandNotices/PatientAlerts/ucm200896.htm>

Murray Bridge Visits, 2011.  
Appointments: 8410 2900  
September 13, October 4 & 25,  
November 15, December 6

# ADELAIDE Hearing CONSULTANTS

Right hear. Right now.

Office hours: 9am-5pm Monday to Friday.  
(Closed for lunch between 1 & 2pm,  
appointments by arrangement)  
[www.adelaidehearingconsultants.com.au](http://www.adelaidehearingconsultants.com.au)

### APPOINTMENTS

Please ring for an appointment. New clients will receive questionnaires to complete and bring so we can assess your needs more thoroughly.

### OUR ADMIN STAFF

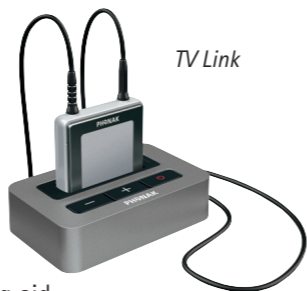
Virginia is on Reception in the city office; Tracey and Sharon are on Reception in Glenelg.

### CLIENT FEEDBACK

We welcome your feedback on all aspects of our service to you. We also welcome referrals of your friends and neighbours.

### GIFT IDEAS

Are you short of ideas for Christmas gifts? We have great TV-listening devices, computer games, mp3-player earbuds and speakers, and accessories for mobile telephones and hearing aids. We can supply gift vouchers for services, such as custom earplugs for swimmers and musicians. We also have a limited number of ex-demonstration hearing aid remote controls and listening devices at reduced prices.



### CHRISTMAS 2011

Both our offices will close for the Christmas/New Year break at 1pm on Friday December 23. They will reopen at 9am on Thursday January 12. Our staff will be undergoing training in the first weeks of January. Make sure you have plenty of batteries for the festive season!

Feel free to call us and ask any questions about hearing

"If you do not wish to receive this newsletter, please ask us to remove your name from our mailing list".

## INSIDE INSIDE

### Research

### Tinnitus Info

### New Hearing Technology

### APD Info Sessions

### Murray Bridge

### Ear Candles

### ADELAIDE HEARING CONSULTANTS PTY LTD

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E [city@adelaidehearingconsultants.com.au](mailto:city@adelaidehearingconsultants.com.au)

Suite 1, 601-603 Anzac Highway,  
Glenelg Nth  
P 8376 0999 F 8376 0255  
E [glenelg@adelaidehearingconsultants.com.au](mailto:glenelg@adelaidehearingconsultants.com.au)

The clinicians at Adelaide Hearing Consultants provide professional, independent hearing services. We offer assessment and management of hearing loss, Auditory Processing disorder, tinnitus annoyance and child language.

### OUR CLINICAL STAFF

**Dr Judith Boswell**  
Audiologist/Director  
BAppSci, DipAud, MS, PhD FASA-CCP

**Mr David May**  
Audiologist/Director  
BTeach, BSpecEd, MAud MASA-CCP

**Ms Holly Veale**  
Audiologist/Speech Pathologist  
BSpPath, Maud MASA-CCP

**Ms Christy Akins**  
Audiologist  
B InfoSystems, GradCertMngmt,  
MEd, MAud

**Ms Joanne Sahhar**  
Audiologist  
BSc, GradDipAudSci, MCIAud  
MASA-CCP

**Mrs Nichole Govier**  
Speech Pathologist  
BSpeechPath, AssDipManagement

**Mrs Liz Willis**  
Educational Consultant  
BTeach, BEd, GradCertSpecEd

# Right hear. Right now.

## the newsletter of Adelaide Hearing Consultants

Edition 2, 2011

## FROM THE DIRECTORS



Our practice continues to be busy, thanks to you - our loyal clients. In particular, our Auditory Processing (AP) assessments and therapy keep us well-occupied, especially now that Flinders University is no longer performing assessments at low-cost. This year, we have completely replaced our library of listening devices which we rent-trial to children with AP disorder, so more children are having success with these devices and we are

able to offer more units for trial. We encourage you to contact Liz Willis at our Glenelg North office for information about these devices.

Adelaide Hearing Consultants are now on Facebook. Log in and search for us - then 'Like' us to receive hearing hints and occasional updates on our activities.

**Staff:** We welcome Virginia Moore to the Reception desk in our city office. Virginia joined us part-time last year but increased to full-time when Lena departed in May 2011. Lena is getting married and planning to travel, but you might still see her in the office occasionally when she helps us out during periods of staff leave.

Judith is taking annual leave and traveling to Europe in September. Holly and Joanne are in the City office in her absence. Other staff members have been attending conferences.

## TRAINING YOUR 'HEARING BRAIN'

HOW CAN I HEAR BETTER?

Auditory training '*physiotherapy for the ears*': The most difficult listening situation for most people with hearing loss is around a dinner table or other place where there are several conversations going on. Hearing aids cannot solve all your problems here, because the sounds you want to hear and the sounds you don't want to hear are so similar - they are voices! You can, however, markedly improve your ability to follow a conversation in competing noise by undertaking some brief, but intensive, training. The most efficient way to do this is via a computer. We can offer you the LACE (Listening and Communication Enhancement) program, which is proven to improve people's listening skills. LACE is available on CDrom, to run on your home computer; on DVD, if you don't have a computer; or you can sign-up to train on-line. Contact either of our offices for more information or look at our website [www.adelaidehearingconsultants.com.au](http://www.adelaidehearingconsultants.com.au).

## INDIGENOUS HEALTH

Researchers have found that Indigenous people in the Top End have over 5 times the rate of sepsis than the rest of Australia, the United States and Europe. (Sepsis is an exaggerated response to any serious infection which can lead to organ failure and death)

According to Senior Research Fellow Dr Joshua Davis this is likely to be due to the increased burden of infections. "The extremely high rates of sepsis we found in Indigenous people adds to the weight of evidence that Indigenous Australians generally bear an excessive burden of disease," Dr Davies said. "This burden could be reduced by improved housing, decreased overcrowding, better health hardware (the things we use to keep ourselves, our clothes and our houses clean) and action to reduce risk factors such as diabetes, renal failure and overuse of alcohol".

The high rates of ear infections amongst Indigenous

Australians are also thought to be related to overcrowded living conditions, which increase the transmission of ear, nose and throat infections between people.

Judith continues to visit the Northern Territory regularly, to provide training to remote health personnel in the management of ear infections and associated hearing loss. She will be in Alice Springs and Darwin again in the second half of 2011.

Judith has also recently written an on-line training module in Indigenous ear and hearing health for the Remote Area Health Corps (RAHC). The RAHC was established to attract urban-based health professionals to provide short-term staffing needs for remote Indigenous communities in the Northern Territory. See <http://www.rahc.com.au/> and click on the Training tab. It is free to register.

## RESEARCH

**Tinnitus:** Two Master in Audiology students from Flinders University have been undertaking an evaluation of people's actions following attendance at a community information session about Tinnitus (provided by one of our staff, under the Tinnitus SA banner). They (and we) want to find out how people use the information and where they go to next. This will help Tinnitus SA to plan future activities and services for people troubled by tinnitus.

**Treating hearing loss:** An Australian study shows that stem cells derived from the lining of the nose may help preserve hearing in early cochlear hearing loss. Transplanting stem cells into the cochlea (inner ear) could treat, prevent or even reverse hearing loss. The research was conducted in mice but it could be applied to humans in years to come. See the February 9 edition of Stem Cells. (Search DOI: 10.1002/stem.609).

Other research is showing promise from gene therapy to induce undamaged cells within the cochlea to develop into hair cells. Studies in guinea pigs have suggested that supporting cells 'will adopt hair cell characteristics', that is, could become responsive to sounds.

**Tinnitus and Musicians:** Many people working in loud music environments, such as musicians or audio-engineers, experience tinnitus. Often musicians will notice annoying tinnitus before they notice any changes in their hearing. A recent study conducted in the USA has shown that musicians, sound crews and audio engineers working in loud music environments can be exposed to sounds above 100dBA while the safe noise exposure limit (for 8 hours) is only 85dBA. The problems caused by loud music exposure are similar to those due to loud industrial noise, such as working in a steel factory. People can experience tinnitus, hearing loss, intolerance to loud sounds and problems correctly perceiving the pitch of sounds. It is important for anyone working in loud music environments to have regular hearing checks and to wear hearing protection (earplugs) to prevent long term damage to their hearing. You can speak to our audiologists about hearing protection options including custom-made musicians' earplugs. (See the May-June 2011 edition of Audiology Today, "Musicians hearing program")



**APD Study:** Ms Emilie Lam, a current PhD candidate at Flinders University, is inviting children aged between 7 and 9 years who have been diagnosed with APD in the past one year and have reading difficulty to take part in a study that aims to evaluate the effectiveness of different forms of training in helping children with auditory processing disorder to learn to read. If you would like to take part in this study or gain further information, please contact Ms. Emilie Lam, lam0043@flinders.edu.au, 0430 562 308

How CAN I PREVENT HEARING LOSS ?

How CAN I HEAR BETTER ?

## TINNITUS

WHAT CAN I DO FOR RINGING IN MY EARS ?

### AHC Half-Day Tinnitus Management Course, 2011

Do you suffer from tinnitus – buzzing, ringing, whistling and other sounds in the ears or head? Have you been told to "go home and learn to live with it"? There ARE effective ways to reduce your attention to these annoying sounds and to regain control of your life. Hear about the causes and effects of tinnitus and ways you can reduce tinnitus annoyance successfully.

Glenelg North Clinic  
(8376 0999)  
Tuesday September 6

Adelaide City Clinic  
(8410 2900)  
Thursday November 24

### Tinnitus SA Free Tinnitus Information Sessions

Tuesday September 6  
Wednesday September 28  
Wednesday October 19  
Monday November 7  
Monday December 12

Port Lincoln  
Kingscote  
Victor Harbor  
Roxby Downs  
Modbury



## CONFERENCES

Holly and Christy attended an update on hearing technology in Hobart in July. David attended a seminar on Auditory Processing in June and is learning more about hearing loss and music in

September. Joanne attended a conference on Noise Induced Hearing Loss with the International Acoustics Association in London in July.

## NEW HEARING TECHNOLOGY

**On-line hearing aid sales:** 'Australia Hears' has developed a new hearing aid which can be purchased on the Internet and set up and programmed by the user. The devices were presented on ABC TV's 'The New Inventors' on June 22. ([www.abc.net.au/tv/newinventors/txt/s3246978.htm](http://www.abc.net.au/tv/newinventors/txt/s3246978.htm))

At Adelaide Hearing Consultants, we believe hearing-impaired individuals benefit from a thorough initial hearing assessment and an individualised hearing rehabilitation program. There is also a wealth of research that indicates the importance of a clinician providing professional support, rehabilitation and device management to increase the success of hearing aid fittings. Purchasing hearing aids outside of a clinically supported process brings some risk. This could result in:

- Failure to identify a surgically or medically treatable hearing loss
- Failure to diagnose medical conditions of the ear
- Poor device choice for the individual's physiology, capabilities and hearing
- Deficient correction of the hearing loss
- Noise injury through improper amplification
- Absence of specific device features for individual needs
- Purchase of an inauthentic or inferior device
- No backup or support services over the long-term.

The best way for individuals to be confident of the proper selection and successful fitting of hearing technology to suit their needs is through the clinical support of an audiologist. This will also ensure the critical long-term support and maintenance for your investment.

The hearing aids sold by 'Australia Hears' have some excellent features which could benefit some of our clients, so we will be adding these hearing aids to our menu.

## WHAT'S NEW?

### Water-proof hearing aid

Siemens has just released a hearing aid which is guaranteed dust-proof and water-proof (to one metre). Perfect for sailors, canoeists, joggers, bike-riders, people working in heat and dust etc.



### World 1st Ceramic Finish

Phonak has launched the world's first hi-tech ceramic finish hearing aid – the Audeo S Smart Ceramic – This extremely durable, abrasion-resistant surface provides a scratch-free shine, an elegant hearing aid which connects wirelessly to TV, telephone and mp3 players. Call us for more information.

## AUDITORY PROCESSING DISORDER (APD)

We have been working through our list of children waiting to trial a listening device in the classroom. We are now up-to-date and have new devices ready to supply. Please contact Liz Willis at our Glenelg office (phone 8376 0999) if you are interested in having your child try a device for improving their listening at school.

### APD & Listening Difficulties – Information sessions for Parents, Caregivers and Professionals, 2011

Areas covered in this information session will include:

- how the ear and central auditory system works
- behaviours associated with APD
- how auditory processing is assessed and APD diagnosed
- strategies to assist you and your child at home and therapy options

Limited Seats, Bookings Essential – \$40.00 per person, \$60 per couple (Tea & Coffee provided)

Glenelg North Clinic Wednesday October 5  
(8376 0999) Tuesday November 22

Adelaide City Clinic Thursday September 8  
(8410 2900) Wednesday November 2

WHY CAN'T MY CHILD LISTEN ?

