



Newsletter: Volume 2

Inside this issue	
Nepean Hearing News	1
Wear glasses to hear better	2
Facts about hearing loss	2
Noise induced hearing loss	3
Thanks	4
Contact Details	4

Hello again from all of us at Nepean Hearing! We're back for round 2 of the newsletter. Thanks to everyone who gave us feedback after our first issue, we're glad you found it interesting and informative.

As usual there's been lots happening in the past few months.

David and Tony have been to a hearing workshop in Sydney and Sara has been to an audiology conference in Budapest, Hungary.

We have had audiology students from Melbourne University come in to do work experience with us. We hope that they have found their time here informative and enjoyable.

Hearing Awareness Week was in August and this year we were trying to raise awareness regarding noise-induced hearing loss and encouraging people to get their hearing tested.

Enjoy the newsletter and we hope to see you soon.

- Tony, David, Sara, Donna & Courtney.



“My wife says I don't listen to her. At least I think that's what she said.”

(www.betterhearingadvice.com)

“People can be divided into three groups: Those who make things happen, those who watch things happen, and those who wonder what happened.”

-John W Newbern

Wear Glasses to Hear Better!

(article taken from www.betterhearingadvice.com)

Most people hear better with their glasses on, we all rely on visual clues whether we realise it or not. There is a wealth of non-visual clues available while watching people that will help you figure out what the person is saying. Speech reading is the term used for the combined approach of using lip-reading, facial gestures and body language to enhance understanding.



TIPS FOR BEST LISTENING:

1. Sit close to the speaker
2. Move away from background noise
3. Ask for repetition
4. Keep your sense of humour!

Some Interesting Facts about Hearing Loss

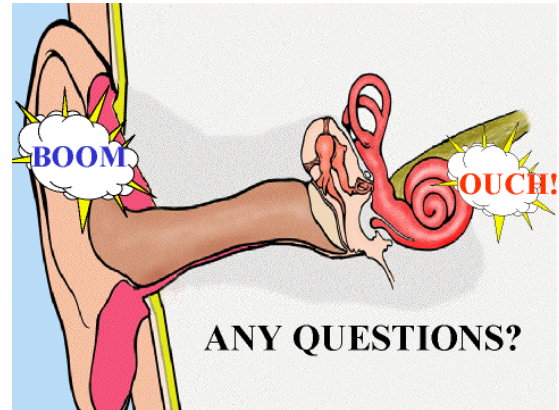
- Twice as many people suffer from hearing problems than from vision problems (www.bloomberg.com).
- Men have a higher incidence of hearing loss than women (Mitchell P et al, 2002).
- People often wait 7 years from when they first notice hearing loss before they seek help (Access Economics: 2009).
- Almost two-thirds of men with hearing loss began to lose their hearing before age 44 (www.bloomberg.com).
- Noise is one of the leading causes of hearing loss.
- Hearing loss costs Australia almost \$12 billion a year, with almost 160,000 people not working because they can't hear well enough (Access Economics: 2006).

Twice as many people suffer from hearing problems than from vision problems.

Noise Induced Hearing Loss

Noise induced hearing loss is the damage caused from being exposed to loud noise. Noise can come from a range of places and things, including power tools and machinery, however it can also come from places and things which we may not consider as being 'noisy', such as loud music or iPods. Once this damage is done, it cannot be repaired and the hearing is lost forever.

As a general rule if you need to raise your voice over the level of noise in the room to have a conversation with someone a meter away, you may be at risk of noise induced hearing loss.



[Www.militaryaudiology.org](http://www.militaryaudiology.org)

There is no cure for noise induced hearing loss; therefore, prevention is important.

Steps to prevent noise induced hearing loss:

1. Remove or stop the noise.
2. Reduce the amount of exposure to the noise. Reduce the length of time spent in the noisy situation, allowing the ears to recover between noisy episodes. This may involve taking breaks from the noisy activity to give the ears time to rest, or moving some distance away from the noise.
3. Wear hearing protection such as earplugs or ear muffs.

(www.cheersforears.org.au)

15% of high school students in the UK show signs of noise-induced hearing loss.

(H. Fortnum, School Hearing Screening in the UK, 2013)

A big thanks from us!

Ears Inc and Nepean Hearing would like to thank everyone who has brought in their old hearings for donation. They are being used to help hearing impaired children in developing countries around South East Asia.

The World Health Organisation has estimated there are 2.5 million hearing impaired children in South East Asia so please keep the donations coming in.

For more information please visit the Ears Inc website:

www.earsinc.org



Image taken from EarsInc 2013
Newsletter



**NEPEAN
HEARING**

Contact Details:

Phone: 9783 7520
Or 5996 1117

Website:
www.nepeanhearing.com.au

Email:
info@nepeanhearing.com.au

Locations

Frankston: 10 Davey St

Cranbourne: 184 South Gippsland Hwy

Mt Eliza: 135 Mount Eliza Way

Hastings: 185 High Street

We also have visiting clinics at Baxter Village, St Johns Village, Domain by the Bay, Embracia in Lynbrook, Southern Cross Care Lynbrook & Langford Grange Cranbourne.