



## Newsletter: Volume 3

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Hello again from all of us at Nepean Hearing.

As usual, the Christmas & New Years period has flown by and Easter is right around the corner.

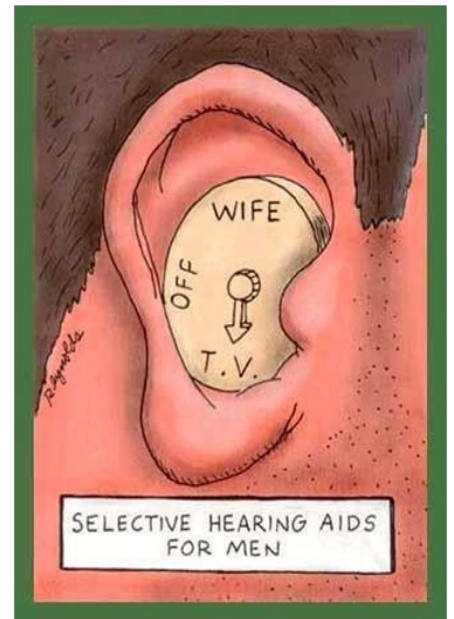
Lots of learning to do in 2014. David & Tony recently attended an Audiology conference in New Zealand on the latest hearing aid innovations and Sara is going to The World Congress of Audiology in Brisbane in May.

Nepean Hearing is proud to be an Independent Audiology practice in a world of big chains. We pride ourselves on our service and we believe it is important to choose a good Audiologist before choosing a hearing aid. If you'd like to read more about Independent Audiology you can visit [www.aaapp.org.au](http://www.aaapp.org.au).

We've had a huge response from people donating their old hearing aids over the past 12 months— please continue to do so, EarsInc is a great organisation that changes people's lives worldwide

Enjoy the newsletter and we hope to see you soon.

- Tony, David, Sara, Donna & Courtney.

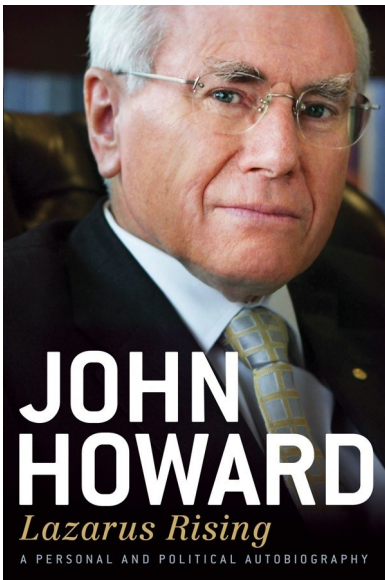


“The art of conversation lies in listening”

— Malcolm Forbes (Author)

## John Howard on Hearing Loss & Hearing Aids

(article taken from AudiologyNow magazine, Summer14 edition)



In John Howard's autobiography "Lazarus Rising" he talks in great detail about his personal life and political career.

John Howard has had hearing difficulties since he was 9 years old, and has worn bilateral hearing aids for the past 10 years.

He was asked what advice he would give to people who are having hearing problems:

"The one piece of emphatic advice I've got for people who suffer hearing loss is, please, don't be so stupid as to not get hearing aids, if you can afford it. Over the last 10 years or so I've worn them in both my ears. I have them on all the time. They make all the difference in the world.

Some things you just can't do anything about. Other things you can. When you can, you really should give some thought to the people close to you. I'm often conscious of what a burden it is for my wife to repeat things. It's one of those situations where, if you can ameliorate it by wearing hearing aids, you are doing more for the people near you than yourself and that's very important."

## EARtrak– Independent Measure of Hearing Aid Outcomes

EARtrak is based on three key premises:

1. That hearing aid users deserve the best possible outcomes with their hearing aids.
2. That hearing service providers want to deliver the best possible outcomes for their patients.
3. That patients are in the best position to report their levels of satisfaction in listening situations that matter to them.



We have decided to use EARtrak to find out what our patients think about their hearing aids and the services we provide. If you receive a survey in the mail we would be grateful if you could take the time to fill it in honestly. Your answers and suggestions will be used to improve our services in the future

## Are our restaurants just too noisy?

(article taken from [www.goodfood.com.au](http://www.goodfood.com.au))

Bare walls, concrete floors, thumping music— restaurants are getting noisier as they chase that elusive buzz. Now experts warn, we're risking not only our hearing but even our sense of taste.

"Noise is an important problem for both the dining public and our members," says Louise Tarrant, the national secretary of hospitality union United Voice. "Noise has escalated with the rise in the trend for minimalist décor in restaurants and we're concerned that restaurant owners aren't taking the problem seriously."

Researchers from the University of Manchester have found that the level of background noise affects both the intensity of flavour and the perceived crunchiness of food. While louder noise reduced the reported sweetness and saltiness of food, it increased the measure of crunch.

This experiment may explain why food on aeroplanes taste so bland— because we have to contend with the muffled roar of jet engines while we eat.



## Tips on how to avoid noisy restaurants

1. Bare walls, floors, tables and windows mean a noisy restaurant. Avoid if you want to enjoy conversation.
2. Consider old fashioned establishments with carpet, curtains and tablecloths.
3. Don't dine in the dark. Even people with perfect hearing read lips and facial features to some extent.
4. Let the owners know if there's a noise issue— it may be good for you and other patrons in the future.

(taken from [www.goodfood.com.au](http://www.goodfood.com.au))

**According to Roslyn Grundy, co-editor of *The Age Good Food Guide 2014*, noise is a constant source of annoyance to Guide users and many ask for "quiet restaurant" recommendations.**

## A Funny Story.....

Fred feared his wife wasn't hearing as well as she used to and he thought she might need a hearing aid.

Not quite sure how to approach her, he called the family doctor to discuss the problem.

The doctor told him there is a simple informal test the husband could perform to give the GP a better idea about her hearing loss.

Here's what you do," said the doctor, "stand about 40 feet away from her, and in a normal conversational speaking tone see if she hears you. If not, go to 30 feet, then 20 feet, and so on until you get a response."

That evening, the wife is in the kitchen cooking dinner, and Fred is in the sitting room. He says to himself,

"I'm about 40 feet away, let's see what happens."

Then in a normal tone he asks, "What's for dinner, old thing?"

No response...

So the husband moves closer to the kitchen, about 30 feet from his wife and repeats, "What's for dinner, my sweet?"

Still no response.

Next he moves into the dining room where he is about 20 feet from his wife and asks, "What's for dinner, dear?"

Again no response.

So, he walks up to the kitchen door, about 10 feet away... "What's for dinner?"

Again there is no response.

So he walks right up behind her... "What's for dinner?"

"Fred, for THE FIFTH TIME, CHICKEN!"



**NEPEAN  
HEARING**

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### 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.