



## Newsletter: Volume 4

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Hello again from all of us at Nepean Hearing.

We hope everyone has been well over the Winter months and avoided the bad cold/cough that has been going around.

We want to thank everyone who has recommended us to their family friends for hearing tests/hearing aids. Being a small business we appreciate word of mouth. If you're happy with our services please let others know.

We have also recently started selling Earplanes— they are a pressure regulating earplug to help reduce discomfort when flying. So if you or anyone you know have problems on planes you should come in and try a pair.

We hope you enjoy the rest of the year— Christmas will be here before we know it!

Enjoy the newsletter and we hope to see you soon.

- Tony, David, Sara, Donna & Courtney.



**"It's a special hearing aid. It filters out criticism and amplifies compliments."**

**"Blindness separates us from things;  
deafness separates us from people."**

-Helen Keller

## Why do my hearing aids whistle? Stopping Feedback

No matter the type or price of your hearing aid, you're bound to hear a whistling noise when you're wearing them at some point. Sometimes the sound is a perfectly normal occurrence, but other times it is a sign that there is something wrong with your hearing aid.

Some common causes of feedback are:

1. **Ear Wax**– if there is wax in your hearing aid or ear canal, your hearing aid is likely to whistle.
2. **Check the fit**– if your hearing aid is not inserted properly or it is loose it may whistle.
3. **Hearing aid damage**– if there is a crack in your hearing aid or a bend in your tubing this may cause feedback.

If you're experiencing excessive feedback please come in for an appointment as most feedback problems can be fixed.

([www.southwesternhearing.com](http://www.southwesternhearing.com) & [www.healthyhearing.com](http://www.healthyhearing.com))

## Dangerously Loud? Monitoring movie theatre volume

The National Institute on Deafness & Other Communication Disorders reports that prolonged or repeated exposure to sounds 85 decibels and higher can cause hearing loss. The louder the sound, the less time it takes for damage to occur.

A recent article in the Ear, Nose and Throat Journal shows that certain types of high-spectacle movies such as Transformers have decibel levels of 90 for almost the entire movie and have decibel levels of 120 for significant periods at a time. If you were in the workplace, you would not be allowed to be exposed to that level of noise. Workplaces have to abide to the Occupational Safety & Health Administration however there is no such regulation in the movie industry.

Turning down the volume isn't always the answer.

When the movie theatres turn the volume down, it reduces the volume of the background/action noise as well as the dialogue– so people then complain they cannot understand the words.

There needs to be more research into this area of noise exposure and regulations in the movie industry need to be made and monitored.



# Hearing Loss Linked to Dementia

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

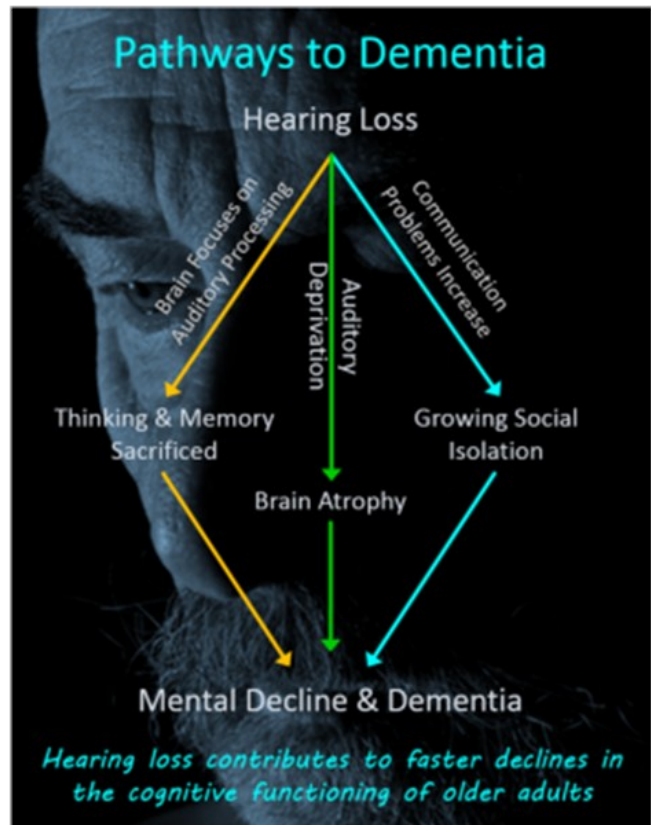
A research team commissioned by the John Hopkins School of Medicine in the United States has found a strong link between dementia and hearing loss. The research concluded that Seniors with hearing loss are significantly more likely to develop dementia over time compared to those who retain their hearing.

The researchers propose that the strain of decoding sounds over the years may overwhelm the brains of people with hearing loss, leaving them more vulnerable to dementia. They also speculate that hearing loss could lead to dementia by making individuals more socially isolated, a known risk factor for dementia and other cognitive disorders.

The findings could lead to new ways to combat dementia, a condition that affects millions of people worldwide and carries heavy social burdens. The scientists report that their findings may offer a new starting point for interventions— that wearing hearing aids can delay or prevent dementia by improving patients' hearing.

Professor Lin says 'A lot of people ignore hearing loss because it's such a slow and insidious process as we age. Even if people feel as if they're not affected, we're showing that it may well be a more serious problem.'

The thought of wearing a hearing aid can cause many people to feel a little anxious— they worry (largely unnecessarily) about not wanting to be perceived as old or a possible stigma that may be associated with having a "disability." Self-image and pride are great inhibitors to people addressing hearing loss, more so than the perceptions others truly have about us.



**“Wearing hearing aids can delay or prevent dementia by improving patients’ hearing. “**



## Travelling with Hearing Loss

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

Travelling is an exciting venture to look forward to and enjoy. For people with hearing loss travelling can be easy and stress-free with just a little bit of extra planning. Visit your audiologist before a trip to ensure everything is in proper working order. Pack plenty of extra batteries, filters and tubing. Remember charging stations or remotes if applicable. If you are travelling abroad don't forget power converters. Many people also like to bring an old or back up pair of hearing aids just in case disaster strikes.

If your travels take you through airport security leave your hearing aids in place. They do not need to be removed for security scanners, but they may make a funny buzzing sound when you cross through them.

While you are on vacation try to stick to your normal cleaning, battery change, and storage routine. Your hearing aids could potentially gather more dirt and debris while travelling depending on your activities, so regular cleaning is a must. Sticking to your routine will also help prevent loss and damage.

If you are heading to a hot destination or anyplace near the beach or pool remember to take extra precautions to protect against sweat and water. If you plan to be near water taking your hearing aids out and storing them in a cool dry place may be the best option. It also would be beneficial to take a Dry Aid Kit to draw excess moisture out of your hearing aids if required. Happy travels!



**NEPEAN  
HEARING**

### Contact Details:

Phone: 9783 7520  
Or 5996 1117

Website:  
[www.nepeanhearing.com.au](http://www.nepeanhearing.com.au)

Email:  
[info@nepeanhearing.com.au](mailto: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.