



## Newsletter: Volume 5

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Hello again from all of us at Nepean Hearing.

We hope everyone has had a great start to 2015! Easter is coming up so hopefully everyone enjoys the time off and eats lots of chocolate!

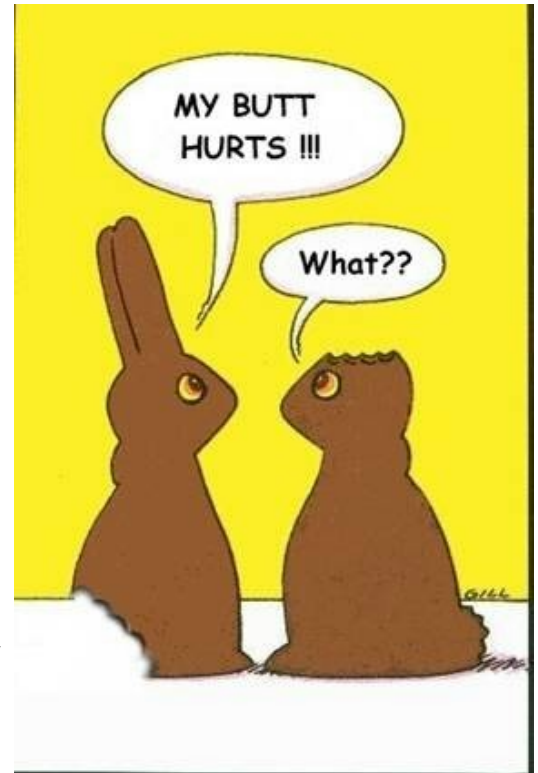
Anzac Day this year marks the 100th Anniversary of Gallipoli. The Frankston RSL are hosting a commemorative dawn service at Frankston Park and there are many other events happening throughout the Peninsula. Our thoughts will be with all our brave veterans at this time.

Just a quick reminder to let us know of any change of phone number or address that you may have so we can keep our details up to date.

As usual we hope you find our Newsletter interesting and informative and we would appreciate your feedback. If anyone would like a particular topic covered in our future editions feel free to let us know.

Enjoy the newsletter and we hope to see you soon.

Tony, David, Sara, Donna & Courtney.



**Worldwide, 360 million people today have moderate to profound hearing loss due to various causes. It is estimated that half of all cases of hearing loss are avoidable.**

**-World Health Organisation**

## Binge Listening– is exposure to noise causing hearing loss in young people?

To mark International Ear Care Day on March 3rd, the World Health Organisation released a report highlighting the increased incidence of noise induced hearing loss in young adults. Noise exposure in the workplace has been a big problem for some years now, but recent research suggests that recreational noise exposure is now a much bigger issue. The WHO report found that 1.1 billion young people around the world are at risk of hearing loss from loud music on audio devices, and from going out to noisy venues. It is possible to receive, in one night of clubbing, several weeks worth of maximum allowable noise exposure. The report also found that 50% of young people listen to audio devices so loud that they can only listen safely for 1 hour per day.

The general relationship between over-exposure to sound and resulting hearing damage seems to be well understood by young people. Disconcertingly, most young people do not take this message personally; believing that it won't happen to them. Approx 30% of young Australians do not realise that once you damage your hearing, it cannot be restored. The slow and gradual nature of noise-induced hearing loss makes it a particularly difficult barrier to surmount in hearing protection.



*Make Listening Safe*

25% of young Australians have experienced tinnitus (ringing in the ears) after being exposed to loud noise and more than 60% have experienced tinnitus at some point. Experiencing tinnitus after exposure to loud noise means the level was loud enough to cause damage.

Damage to hearing by noise exposure is preventable and can be minimised by the adoption of preventable behaviours.

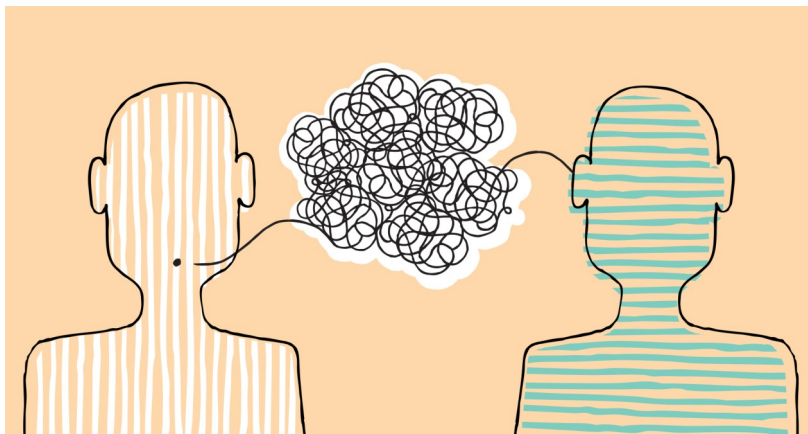
(Australian statistics taken from the NAL Binge Listening report)

## Hearing Aid Donations

We would like to once again thank everyone who has donated their old hearing aids over the years. We are currently passing them on to the Frankston CWA who are supporting a program called Recycled Sound. These hearing aids will get repaired and fitted to needy people in communities around Victoria and Australia.



## Tips for communicating effectively with someone with hearing loss



1. **Shorten the Gap**—In loud environments with lots of background noise, move closer to shorten the space between you and the person with hearing loss. Conversations across the room or from one room to another are difficult for everyone and almost impossible for someone with hearing loss.
2. **Attention Please**— Get your friend or family member's attention by using their name, or lightly tapping on their shoulder. Wait until you have established eye contact before starting to talk.
3. **Face to Face**— Speak clearly and maintain eye contact with the person who has hearing loss. Lip-reading and visual cues from your facial expressions help provide context and comprehension.
4. **Limit the Distractions**— Televisions, vacuum cleaners, loud music and other noise can mask what you're saying. This makes it more difficult for someone with hearing loss to distinguish your voice from the noise. Keep the conversation clear by turning off or moving away from loud distractions.
5. **No Need to Shout**— Speak naturally and in your normal tone of voice. Speaking more slowly and clearly can help those with hearing loss better understand what you're saying.
6. **Know your Audience**— Hearing and understanding require focus and can take a lot of energy. Someone with hearing loss has to work even harder to follow a conversation, particularly in a group of people. Simply understanding this will make you a better conversational partner.
7. **Practice Patience**— Be aware that when someone is first learning how to use a hearing aid, it requires a great deal of concentration. Be patient and, if necessary take a break ; you can pick up the conversation again later.

## ABC Background Briefing- “Have I got a hearing aid for you.”

On 30 November 2014, the ABC radio program looked into the practice of hearing aid fitting in Australia. This segment raised concerns about the practice of payment of commissions and/or incentives to audiologists or the businesses employing them by hearing aid manufacturers when their brand of hearing aids are sold. This program pointed out that commissions are almost standard practice across hearing aid chains.  
(you can find the transcript at [www.abc.net.au](http://www.abc.net.au))

*Nepean Hearing is registered with Independent Audiologists Australia. We are all University Trained Audiologists and we are not owned by any Hearing Aid Manufacturer. We are free to fit any hearing aids from any hearing aid brand. We do not work to sales targets and we do not receive commission for our hearing aid sales.*

Independent Audiologists Australia supports and promotes clinical practices owned by audiologists. Our code of ethics states that the clinician-client transaction must be transparent. We encourage people to enquire as to the qualifications of service providers and to recognise the difference between hearing aid dispensers and audiologists.

Further, we encourage people to enquire as to clinical ownership, billing practices and sales incentives that may apply so as to make informed choices about where they obtain hearing rehabilitation services.



[www.independentaudiologists.net.au](http://www.independentaudiologists.net.au)



**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.