

May 2012

Hearing Loss Association of America

North Shore Chapter of Long Island

Meeting Location

Long Island Jewish Hearing & Speech Center is located on the grounds of the Long Island Jewish Medical Center.

Enter the grounds from LAKEVILLE ROAD and it is the first building on your left. Free parking is available behind the hearing and speech building; first entrance to parking lot after building. DO NOT go into the main parking building. Go to the Conference room on the Lower Level
270-05 76th Avenue
New Hyde Park, NY
11040.

If you are in doubt as to whether there is a meeting, or if you'd like further information, please call Sal: 718-479-1098.

FYI

Assistive Listening Devices (ALD) are provided at our meetings. Headphones are available in the back. This room is Looped, so those who have hearing aids/cochlear implants can put on their T-coil switch.

Meeting News

May 16, 2012

Refreshments and Social Time begins at 6:30pm

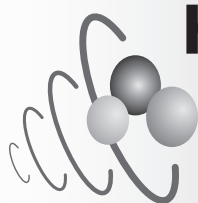
Meeting begins at 7:00pm

Topic: Elder Law, Estate Planning, Medicaid Planning, Guardianships, Trusts & Estates

Speaker: Penny Kassel

Penny B. Kassel, Esq. established The Law Offices of Penny B. Kassel, P.C., with offices in Garden City, Hauppauge, and East Hampton. Ms. Kassel comes to the legal profession with a unique background. With a Master's Degree in Counseling and after working for a pharmaceutical company, Ms. Kassel spent many years handling personal injury and medical malpractice cases. For more than 20 years she has devoted the majority of her time to estate planning and administration and to elder law matters.

Announcing our new Chapter website:
www.hearingloss-longisland.org



Hearing Loss Association of America

North Shore Chapter of Long Island

Chapter Planning Committee

HLAA North Shore Chapter
Voice: 718-479-1098

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Technology

Members:

Ruth Dunitz
Claire Fox
Hilda Polonet
Helmuth Mooreman

HLAA of North Shore Long
Island does not necessarily
endorse the opinions of our
speakers, goods & services.

What You Missed *in April*

Our president Sal advised that the next meeting will be May 16th and the Board Meeting on May 23rd. All members are invited. The Hearing Loss Convention in Rhode Island will be from June 21 to 24, 2021. Join National and receive 6 issues of the National magazine. Our annual picnic will be held June 16th and it is always a great time to socialize with members plus have a great picnic dinner together in a beautiful park.

Silvia remarked our speaker for May will be a Lawyer and she will discuss wills, trusts estates and other topics of interest in this field.

Our speaker Dr. Lawrence Cardano was then introduced and his subject was "Invisible Hearing Aids." This is a very specialized topic and the advantages and disadvantages were discussed including costs. It is understood that the first request for such an aid relates to a person having cosmetic needs and problems with the stigma of people seeing hearing aids that are visible.

This type of aid could help a person agree to wear an aid. And thus benefit from the aid. There is no one perfect solution for everyone hopefully most people with hearing loss will seek the best aid to hear the most sound in the world around them.

Dr. Cardano provided a very interesting discussion for the members. We also enjoyed reading his informative Newsletter. Note that no matter where you purchased your hearing aid Dr. Cardano will provide a hearing consultation and fine tune your aid free of charge.

Dr. Lawrence Cardano
Hearing Center of Long Island
46 Rockaway Ave, Valley Stream, 11580
(516) 872-8485

Picnic in the Park

Our 8th annual picnic before the summer will be on

June 13th 2012, 6 - 9pm

The picnic is located at Steppingstone Park in
Great Neck, NY

As always, Hilda Drucker does all the planning —
contact her at: 516-482-6433

Meet in the parking lot of the park at 5:45pm.
Please bring a food item of your choice, enough
for 4-6 people, either a main dish or a dessert.

Any questions, please call Hilda at 516-482-6433

** Note: if you are a member of the Great Neck Park District, please bring your park card **

Joke Corner

An elderly gentleman had serious hearing problems for a number of years. He went to the doctor and the doctor was able to have him fitted for a set of hearing aids that allowed the gentleman to hear 100%.

The elderly gentleman went back in a month to the doctor and the doctor said, "Your hearing is perfect. Your family must be really pleased that you can hear again."

The gentleman replied, "Oh, I haven't told my family yet. I just sit around and listen to the conversations. I've changed my will three times!"

Directions to Stepping Stone Park

Take the Southern State Parkway
to the Cross Island Parkway.
Take Exit 31E for New York 25A E/Northern Blvd E
Merge onto New York 25A E/Northern Blvd
Make a slight Left at Great Neck Road.
Continue onto Bay View Avenue
Continue onto W Shore Road
Turn Right at Kinds Point Road.
Turn Left onto Stepping Stone Lane.

Ask the Audiologist

Jennifer Weitz, Au.D.
Doctor of Audiology

Questions: What causes ringing in my ears? Will hearing aids make it worse? Should I be worried?

Answer: Millions of people in the US experience ringing in the ears and there is no one answer for them all. Ringing in the ears, also called tinnitus, can be caused by damage to the ears from loud noises, hearing loss that has progressed over time, a virus in the ears, many medications or even blood pressure.

More than 85% of people with tinnitus have some degree of hearing loss. For many people getting hearing aids can bring relief from the tinnitus. For those without hearing loss there are new treatments on the market that have yielded fantastic patient reports. If you tinnitus started when you added or changed a medication, check with your physician to see if it may be a side effect. Do not suspend any medications without consulting a physician.

You should see a doctor if:

- You have sudden, unexplained tinnitus
- Bothersome tinnitus in only 1 ear
- The tinnitus has begun to affect your sleep or cause depression

HearX: How Does Diabetes Contribute To Hearing Loss?

Palm Beach Post Health

Many people may not be aware that diabetes, or pre-diabetes, can affect your hearing. We asked Jill Botkin, a licensed audiologist and the Southeast Division Manager for HearUSA, to explain some of the ways in which diabetes impacts your auditory abilities.

How does diabetes contribute to hearing loss?

Well, studies have shown that hearing loss is more than twice as common in people with diabetes than it is in those who don't have diabetes. Scientists are not exactly sure why it occurs, although many speculate about it. Some think it may be that diabetics, who typically have deficiencies in the protein keratin, suffer damage to the ear canal (which is protected by keratin). Others cite the likelihood that high blood-sugar levels will, over time, damage blood vessels inside the ear — also making it harder to hear.

What kind of hearing loss do diabetics normally suffer?

Diabetics, regardless of whether they have Type 1 or Type 2 diabetes, usually wind up suffering from sensorineural impairment — that is, inner-ear hearing loss. It's important to note that, because of their conditions, diabetics may have earlier onset of hearing loss than others typically would.

Can this type of hearing loss be rectified?

Yes. With properly fitted hearing aids to amplify sound, diabetics usually do very well.

Can you give diabetics any tips on how to maintain their hearing?

Well, of course the most important thing is to make sure you control the symptoms of your diabetes — or, if possible, avoid becoming a Type 2 diabetic in the first place. The National Institute of Health says that even pre-diabetics have a 30 percent higher incidence of hearing loss than those who are not pre-diabetic. We recommend that all adults begin baseline hearing testing by age 50 — and earlier if you happen to be diabetic.

And, of course, we hope that you'll come see us at a Hearx or HearUSA center, which are all URAC accredited, have a 99 percent customer-satisfaction ratio, and have treated more than 1 million patients nationwide. At HEARx, our trained professionals can provide the proper testing to determine hearing loss. With over 35 locations in Florida, and over 170 in the U.S., HearUSA/HEARx is the administrator of the AARP Hearing Care program, designed to help millions of Americans aged 50 and older who have hearing loss.

To schedule an appointment, go to www.hearusa.com or call (800) 698-6767.

What Causes Hearing Loss For Americans Of All Ages?

JS Online



Hearing loss affects millions of Americans of all ages. It can be caused by a genetic defect, an injury or illness, or result from repetitive exposure to loud noises or age.

But what really causes hearing loss? Tiny hair cells convert all sound information (a whistle, the wind rustling tree leaves or even a loved one's laugh) into electrical signals that are sent to the brain. These hair cells look like regular hairs growing on your head, but are situated in the inner ear. For a video on how hearing works, and a diagram of the ear, visit www.hearinghealthfoundation.org/how-hearing-works.

Hearing loss happens when these tiny hair cells are damaged or die, and age, medications and injury are three causes for damage to these hair cells. Hearing loss is increasing in younger Americans, now affecting one in five teenagers, according to the Journal of the American Medical Association - an increase of 15 percent in the last 10 years.

Noise-induced hearing loss, which is 100 percent preventable, is also prevalent for veterans who have served in war zones, workers who consistently deal with loud machinery and even people who hunt or enjoy music. Specialist Rebecca Nava was deployed to Iraq in 2003 and served in many combat missions that involved artillery fire. Her hearing protection didn't always stay in place when she was running and seeking cover during missions. When she was discharged in 2008, Nava complained to her husband about her ears ringing and having difficulty hearing. Now she wears hearing aids, but struggles hearing her professors during lectures. Nava recommends everyone protect their hearing before it's too late.

Repetitive exposure to noises at 85 decibels or higher for more than 15 minutes per day - an MP3 player maxed out at full volume can emit 100 decibels or higher of noise - can cause long term hearing loss due to damage done to those tiny hair cells. Humans are unable to grow back these hearing hair cells. To learn more about the decibel levels of everyday sounds - and understand how loud is too loud - visit www.hearinghealthfoundation.org/decibel-chart.

To restore damaged hearing, Hearing Health Foundation is researching inner ear hair cell regeneration for humans through its Hearing Restoration Project. Researchers have discovered that birds and fish are able to spontaneously grow back these hair cells after they are damaged.

The Hearing Restoration Project seeks to accelerate research to find a cure for hearing loss in 10 years or less through increased funding. Visit www.hearingrestorationproject.org to learn more about the plan.

Hearing Health Foundation also provides information and reviews on topics like tools to enhance hearing, common noises that could affect long-term hearing and even reasons to get your hearing checked. To learn more visit www.hearinghealthfoundation.org.



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Stephan A. Weitz, BC-HIS

Board Certified Hearing Instrument Specialist
NYS Licensed Audiologist & Hearing Aid Dispenser

Jennifer Weitz, Au.D., CCC-A

Doctor of Audiology
NYS Licensed Audiologist & Hearing Aid Dispenser

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HLAA of North Shore Long Island

Sal Sturiale
80-38 212 Street
Hollis Hills, NY 11427

RETURN SERVICE REQUESTED

Membership Dues

Stay abreast of pertinent news and information. Send in your dues today.

Dues include Newsletter.

Make check to:

HLAA of North Shore Long Island

Dues: \$15.00 (for the year)

Name: _____

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