

March 2017



Hearing Loss Association of America

North Shore of Long Island Chapter

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: 516-331-0231.

Meeting News

Wednesday, March 15, 2017

**Refreshments and Social Time begins 6:30pm.
Meeting begins 7:00pm.**

Topic: Ringing (or Sounds) in Your Ears? Learn All About Tinnitus & Hyperacusis

Speaker: Dr. Aniruddha K. Deshpande, Ph.D., CCC-A

Dr. Deshpande comes to Hofstra University from the University of Iowa, where he was a research audiologist and a postdoctoral fellow at the Department of Otolaryngology – Head & Neck Surgery, University of Iowa. Dr. Deshpande received his Ph.D. from the University of Cincinnati. His research interests include tinnitus, amplification, cochlear implants and neuroimaging. His current research focuses on investigating the effectiveness of physiological and psycho-acoustic approaches for the assessment and management of tinnitus in different populations. Dr. Deshpande has authored/co-authored several publications and presentations, and is a recipient of prestigious honors and awards such as the ASH Foundation scholarship, ASHA's Lessons for Success and SRTA, University of Cincinnati's All University Honor of Exemplary Scholarship in the Life Sciences, and Starkey's William F. Austin scholarship.

Dr. Deshpande loves to discuss audiology-related concepts with his wife—the other Dr. Deshpande (and no, he was not coerced in any way to include this statement in his bio), travel, and spend lazy afternoons playing fetch with Cymba—their labrador retriever.



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Chapter Planning Committee

HLAA North Shore
Chapter of L.I.

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

Rheumatoid Arthritis Patients Are At Higher Risk Of Hearing Impairment

By Hear-It.org, <http://bit.ly/2mDJ3eu>

A study evaluating the association of hearing impairment and Rheumatoid Arthritis (RA) concludes that RA patients have a higher risk of hearing impairment during their course of the disease compared to healthy persons.

With a prevalence of 25-72%, sensorineural hearing loss was found to be the most common type in RA patients. Results of pure tone audiometry revealed that patients with Rheumatoid Arthritis have a high prevalence hearing loss in all frequencies.

What is Rheumatoid Arthritis?

Rheumatoid Arthritis (RA) is a chronic, inflammatory disease that causes pain, stiffness, swelling and limited motion and function of many joints. The small joints in the hands and feet tend to be most involved. The auditory system is known to be involved during the course of disease in RA patients, but the association of hearing impairment and RA has not previously been clearly defined.

Treatment of hearing loss in RA patients

Hearing impaired patients suffering from Rheumatoid Arthritis may benefit from the use of different types of hearing aids and implantable devices. In addition antioxidants (eg. vitamin E) may play a protective role for the inner ear.

According to the study, which was published in The Open Rheumatology Journal, patients with RA should have audiometric tests and Transiently Evoked Otoacoustic Emissions (TEOAEs) test performed regularly.

Source: www.audiology-worldnews.com

Popping Balloons Can Lead to Permanent Hearing Loss

By Science Daily, <http://bit.ly/2kw0csf>

A common birthday party favour can blow up into a problem for children—but also a bigger conversation about hearing loss, say University of Alberta researchers.

U of A hearing experts Bill Hodgetts and Dylan Scott measured the noise generated by bursting balloons and were startled to find that the impact, at its highest level, was comparable to a high-powered shotgun going off next to someone's ear. They aren't out to be party-poopers, but they want to use their findings about bombastic balloon noise, published in *Canadian Audiologist*, to raise awareness about general risks to hearing.



"This research is a conversation starter," said Hodgetts, an associate professor of audiology. "We are not saying don't play with balloons and don't have fun, just try to guard against popping them. Hearing loss is insidious—every loud noise that occurs has a potential lifelong impact. We want people to be mindful of hearing damage over a lifetime, because once you get to the back end of life, no hearing aid is as good as the once healthy built-in system in your inner ear."

The shock to tiny eardrums may not seem worrisome; after all, how often is the average child exposed to a con-stant barrage of popping balloons? But it does raise the question of safety thresholds for impulse noise—created by a sudden burst of intense energy—that can result in gradual hearing loss.

Both fathers of young children, Hodgetts and Scott wanted to explore the balloon noise that often goes hand-in-hand with birthday parties, where the urge to pop the floating toy is irresistible. Hodgetts got the idea after seeing a YouTube video where kids at a party stomped hundreds of balloons. "I thought the acoustic insult on those kids' ears must be something to be concerned about, so we asked the question, how loud are these things?" Pretty loud, as it turns out.

Louder than a 12-gauge shotgun

Wearing ear protection and using a high-pressure microphone and a preamplifier, Hodgetts and Scott measured the noise effects by busting balloons three different ways: popping them with a pin, blowing them up until they ruptured and crushing them until they burst.

The loudest bang was made by the ruptured balloon at almost 168 decibels, four decibels louder than a 12-gauge shotgun. The Canadian Centre for Occupational Health and Safety recommends that the maximum impulse level any Canadian should experience should not exceed 140 decibels. Even one exposure could be considered potentially unsafe to hearing for both children and adults.

Continued on Page 8

Getting To Know: Hearing Loops

by Deaf News Today

When you see a blue sign of a human ear that's a cue to hearing aid users that they can press a tiny button to hear a special broadcast sent directly to their device. This is called a hearing loop, a thin copper wire that radiates electromagnetic signals in a room. A tiny receiver called a telecoil built into most hearing aids and cochlear implants picks up the signal. With the flip of a switch on the device, sound comes through with greater clarity than can be heard by someone with normal hearing. This might be music, sound from a movie, or a speaker. Hearing loops are better known in Europe than in the US, where only about a thousand have been installed in museums, stores, theaters, airports, and sports arenas.

The sign should have a "T" symbol in the lower right hand corner of the ear symbol if there is an induction loop installed. If there is solely an ear with a slash in the middle of the ear, then the sign indicates there is some sort of hearing access but good luck trying to figure out what the site has. If there are dots/slashes running through the ear then the sign indicates that an assistive listening system is present but it could be an FM or Infrared system and headsets and/or neck loops may be available.

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Yes, I Have Hearing Loss. But Talk To Me Anyway!

By Katherine Bouton, <http://huff.to/2gt5G2o>



Holiday parties. Office parties. New Year's Parties. If you have a hearing problem, the fun can also be frustrating. What?, I say. Sorry? Who? Where? Huh? And then hope they don't give up and walk away. Yes, I want to say, I have hearing loss. Talk to me anyway. But look at me when you talk, speak clearly, don't talk with your mouth full.

Friends and understanding family will do that. They'll repeat, they'll rephrase, they might even spell it out. One friend pulls out a notebook and jots down the key words. It helps if I parrot back the parts of the sentence I did hear, so they understand what I missed.

But how many times have I heard, "Never mind, it isn't important"? Maybe it isn't, but I still want to hear it.

Nevertheless, constant repetition of something trivial does get tedious for the speaker—and for me!—and so, sometimes in a social situation, I just let it go. I'd rather the person keep talking to me than understand every word. Yes, in short, I fake it.

(This is not something I'd do in a business meeting or in any important discussion, by the way. It's just for social chitchat. And before you start lecturing me, I do use assistive devices, like an FM system or a Roger Pen. Sometimes I still just can't hear.)

Is this wise? Do I really want to hear only part of a conversation? Maybe, depending on who the speaker is. What I do want is to be included in conversation. I want to be invited places.

But we people with hearing loss, especially advocates like me, are supposed to demand our rights, not lie down and surrender. So why do I do just that—lie down and surrender? Why do I accept only part of the conversation?

I have a good reason. A huge danger for people with hearing loss is isolation. Isolation is not good for your mental health. It can lead to depression and cognitive decline.

If I asked for clarification of every word, social chitchat would quickly bog down. As a result, I might not try again next time. That's how isolation occurs.

For now, I listen closely, I try to gauge what I really want to hear and selectively ask the speaker for clarification. The rest of the time I smile and nod, or frown and sigh, or raise my eyebrows, or laugh appreciatively. How do I know to do this without knowing what was said? I follow the speaker's face. The clues are all there. Of course I run the risk of a grossly inappropriate misreading of the speaker's face. But that's a risk I'll take to keep people talking to me.

For more about living with hearing loss, read my books "Shouting Won't Help" and "Living Better With Hearing Loss," both available at Amazon.com.

HLAA opens the world of communication to people with hearing loss through information, education, support, and advocacy. HLAA is a 501(c)(3) organization.

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3 Ways to Join, Renew or Give a Gift Membership

1. Return this form to your chapter with your check made payable to HLAA.
2. Mail or fax this form to the HLAA office at the address above with your credit card information.
3. Visit www.hearingloss.org/content/join and use your credit card online. (this is a secure website)

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Donation Information

HAAA Lakeland Chapter in Florida is sponsoring a Hearing Aid Recycling Program. The purpose of this program is to collect new/used hearing aids, clean/repair them, and offer them (at no cost) to those who are financially challenged in our community.

Hearing aids can be shipped in a small box. Carefully wrap the hearing aid in cotton, bubble wrap or other soft material, or put in a pill container.

First, fill out the form here: <http://www.hla-lakeland.org/donate/hearing-aid-donation> and print out the receipt you will get. Then mail the hearing aid(s) and the printed receipt to:

**Hearing Loss Association – Lakeland Chapter
Hearing Aid Recycling Program
3020 Lakeland Highlands Rd.
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Popping balloons can lead to permanent hearing loss, Continued from Page 3

"It's amazing how loud the balloons are," Scott said. "Nobody would let their child shoot something that loud without hearing protection, but balloons don't cross people's minds."

The results for the other two methods were slightly lower, but still a concern, he said.

As real a health concern as sun damage

Hearing damage occurs when the delicate hair cells—which don't regrow—in the inner ear are worn down by noise.

People need to start viewing cumulative hearing loss the same way they think about an equally passive but very real health concern like sun damage, Hodgetts suggested. "We used to put on suntan oil and go as dark as we could, but you look at parents and schools and daycares and it's now part of the routine to put sunscreen on a child."

Adults should also follow suit, Hodgetts added, noting that he often sees parents clapping hearing protection on their children at family events like music or theatre festivals, but not doing the same for themselves. "We need to think about our hearing health just like we think about our overall health," he said. "Hearing loss is one of those invisible problem—until you have it, you don't even think about it. Once you have it, it impacts everything."