



Hearing Loss Association of America

North Shore of Long Island Chapter

March 2019

Meeting Location

Our meetings are now being held at the Katz Women's Hospital at Long Island Jewish Medical Center: 270-05 76th Avenue, Queens, NY 11040. It's the new building you see when you drive into the main gate at LIJ.

There will be free VALET parking for attendees; passes are distributed at the end of each meeting. Please arrive between 6:30pm-7pm.

As you enter the building, look to your left for signage to our conference room #132, located at the far left end on the main floor.

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

Our meetings are held bi-monthly, on the third Friday of the month.

Friday, March 15, 2019

6:30pm – 8:30pm

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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North Shore of Long Island Chapter

Chapter Planning Committee

HLAA North Shore Chapter of L.I.

Sal Sturiale

Cliff Aronson

Charlie Kantor

Dan Morris

Len Urban

Trudie Walker

MaryAnn Weeks

Meeting Dates

Our upcoming meeting dates are:

- September 21, 2018
- November 16, 2018
- January 18, 2019
- March 15, 2019
- May 17, 2019

Voice: 516-331-0231
<http://hearingloss-longisland.org>
hlaalongisland@gmail.com

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

Study Points to Possible New Therapy for Hearing Loss

By Science Daily

Researchers have taken an important step toward what may become a new approach to restore the hearing loss. In a new study scientists have been able to regrow the sensory hair cells found in the cochlea—a part of the inner ear—that converts sound vibrations into electrical signals and can be permanently lost due to age or noise damage.

Researchers have taken an important step toward what may become a new approach to restore the hearing loss. In a new study, out today in the *European Journal of Neuroscience*, scientists have been able to regrow the sensory hair cells found in the cochlea—a part of the inner ear—that converts sound vibrations into electrical signals and can be permanently lost due to age or noise damage.

Hearing impairment has long been accepted as a fact of life for the aging population—an estimated 30 million Americans suffer from some degree of hearing loss. However, scientists have long observed that other animals—namely birds, frogs, and fish—have been shown to have the ability to regenerate lost sensory hair cells.

“It’s funny, but mammals are the oddballs in the animal kingdom when it comes to cochlear regeneration,” said Jingyuan Zhang, Ph.D., with the University of Rochester Department of Biology and a co-author of the study. “We’re the only vertebrates that can’t do it.”

Research conducted in the lab of Patricia White, Ph.D., in 2012 identified a family of receptors—called epidermal growth factor

Continued on Page 4

Tips for Driving Safely with Hearing Loss

By Debbie Clason, staff writer, Healthy Hearing
February 25, 2019

How much do you rely on your hearing when you drive? Probably more than you know. Although your sense of sight is undoubtedly the most important when behind the wheel, your sense of hearing helps you detect approaching emergency vehicles, hear the blaring horn of an impatient driver or realize that your turn signals are engaged. While hearing loss doesn't significantly impact your ability to drive, it never hurts to be prepared and take extra precautions.

Driving with Hearing Loss

Today's hearing aids are technological marvels, with sensitive microphones designed to better discriminate between speech and background noises. Yet even with hearing aids, you'll want to eliminate distractions while you're driving. According to the National Highway Traffic Safety Administration (NHTSA), distracted driving claimed almost 3,500 lives in 2016 and injured more than 390,000 people in 2015 alone. Here are a few tips to keep the distractions at a minimum:

Before you go

- **Maintain your hearing aids.** Feedback from hearing aids is a major distraction, regardless of your activity. Visit your hearing care practitioner regularly, at least every six months, for check-ups and cleanings. Tell them if you're experiencing feedback or other concerns.
- **Be sure that your hearing aid batteries are fresh.** We recommend that hearing aid wearers always carry a spare set of batteries along when leaving the house. If your batteries begin to signal that they are low while you're driving, do not attempt to change them while the vehicle is in motion. Instead, pull over to a safe area and change them.

While driving

- **Reduce the volume on the car radio.** Not only is keeping volume low good for your remaining sense of hearing, you'll also have more mental energy to concentrate on other noises around you, especially those important for your safety. Here's a tip: Adjust the volume before you set out on the road so you don't have to fiddle with the controls while the vehicle is moving.
- **Ask passengers to keep the conversation quiet and to a minimum.** While it's always fun to be part of the conversation, participating in any activity other than driving

Continued on Page 5

(EGF)—responsible for activating support cells in the auditory organs of birds. When triggered, these cells proliferate and foster the generation of new sensory hair cells. She speculated that this signaling pathway could potentially be manipulated to produce a similar result in mammals. White is a research associate professor in the University of Rochester Medical Center (URMC) Del Monte Institute for Neuroscience and lead author of the current study.

“In mice, the cochlea expresses EGF receptors throughout the animal’s life, but they apparently never drive regeneration of hair cells,” said White. “Perhaps during mammalian evolution, there have been changes in the expression of intracellular regulators of EGF receptor family signaling. Those regulators could have altered the outcome of signaling, blocking regeneration. Our research is focused on finding a way switch the pathway temporarily, in order to promote both regeneration of hair cells and their integration with nerve cells, both of which are critical for hearing.”

In the new study, which involved researchers from URMC and the Massachusetts Ear and Eye Infirmary, which is part of Harvard Medical School, the team tested the theory that signaling from the EGF family of receptors could play a role in cochlear regeneration in mammals. The researchers focused on a specific receptor called ERBB2 which is found in cochlear support cells.

The researchers investigated a number of different methods to activate the EGF signaling pathway. One set of experiments involved using a virus to target ERBB2 receptors. Another, involved mice genetically modified to overexpress an activated ERBB2. A third experiment involved testing two drugs, originally developed to stimulate stem cell activity in the eyes and pancreas, that are known activate ERBB2 signaling.

The researchers found that activating the ERBB2 pathway triggered a cascading series of cellular events by which cochlear support cells began to proliferate and start the process of activating other neighboring stem cells to become new sensory hair cells. Furthermore, it appears that this process not only could impact the regeneration of sensory hair cells, but also support their integration with nerve cells.

Read more: <https://bit.ly/2AbyNne>

concerned husband

A concerned husband went to a doctor to talk about his wife. He says to the doctor, “Doctor, I think my wife is deaf because she never hears me the first time and always asks me to repeat things.” “Well,” the doctor replied, “go home and tonight stand about 15 feet from her and say something to her. If she doesn’t reply move about 5 feet closer and say it again. Keep doing this so that we’ll get an idea about the severity of her deafness”. Sure enough, the husband goes home and does exactly as instructed. He starts off about 15 feet from his wife in the kitchen as she is chopping some vegetables and says, “Honey, what’s for dinner?” He hears no response. He moves about 5 feet closer and asks again. No reply. He moves 5 feet closer. Still no reply. He gets fed up and moves right behind her, about an inch away, and asks again, “Honey, what’s for dinner?” She replies, “For the fourth time, vegetable stew!”

means your attention isn't fully focused on the road. If you are having trouble hearing the other people in the car, either as the driver or as the passenger, talk to your hearing care practitioner about technology options that might be available and useful to you.

- **Keep the car window closed to minimize road noise.** Today's vehicles are built to reduce road noise, which is good news for those with hearing loss. Anytime you can reduce the variety of noises competing for your attention, the better you'll be able to hear the ones you need to.
- **Focus on driving,** which means everything else—like texting, eating or applying makeup—can wait until you reach your destination. You already know this and have probably said it out loud a time or two to your children or grandchildren. Make this a habit for safety's sake as well as to model good driving behavior to your young family members.
- **Put the phone away.** We suggest you avoid speaking on the phone entirely while driving to allow you to put all of your focus on driving. However, if you must have a phone conversation, you may want to use your hearing aids' hands-free Bluetooth option, if available. Talk to your hearing care professional about this.
- If you are stopped by law enforcement while driving, you may wish to respectfully inform them right away that you have hearing loss and are wearing hearing aids so that they can more effectively communicate with you.

Rely on visual clues

Once distractions are minimized, you'll have more capacity to focus on the information you're ears are collecting along the way. Here's how your eyes can help you:

- Just as you do your hearing, have your eyes examined annually and wear prescription eyewear when you drive. This is important for your safety on the road as well as those who share it with you.
- Consider investing in a larger rearview mirror, while these don't get rid of blind spots, they may help decrease the need to look over your shoulder. These accessories are available online and range in price from \$10-\$60. Some states, such as New York, require drivers who wear a hearing aid or can't pass the hearing test to use a full-view rearview mirror. Check with the Department of Motor Vehicles to see if the same restriction applies in your state.
- Look for flashing lights on approaching vehicles and at railroad crossings. In the city, use building windows and other reflective surfaces to warn you of approaching emergency vehicles. Check your rearview mirror frequently (and safely) for vehicles approaching from behind.

Read More: <https://bit.ly/2JQkR4j>



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

MEMBERSHIP FORM

I'd like to: Become a member of HLAA Renew my membership Give a gift membership

My Membership/Renewal

Name: _____

Address: _____

City: _____ State: _____ Zip: _____ Country: _____

Email: _____ Phone: _____ - _____ - _____

Chapter I belong to: _____

How did you learn about HLAA? _____

Gift Membership

Name: _____

Address: _____

City: _____ State: _____ Zip: _____ Country: _____

Email: _____ Phone: _____ - _____ - _____

| | Annual USA Membership Fees | Annual Non-USA Membership Fees |
|-------------------|---|---|
| Individual | <input type="checkbox"/> \$35 (1 year) <input type="checkbox"/> \$95 (3 years) <input type="checkbox"/> \$140 (5 years) | <input type="checkbox"/> \$45 (1 year) |
| Couple/Family | <input type="checkbox"/> \$45 (1 year) | <input type="checkbox"/> \$55 (1 year) |
| Professional | <input type="checkbox"/> \$60 (1 year) | <input type="checkbox"/> \$75 (1 year) |
| Library/Nonprofit | <input type="checkbox"/> \$50 (1 year) | <input type="checkbox"/> \$75 (1 year) |
| Student | <input type="checkbox"/> \$20 (1 year) | N/A |
| Corporate | <input type="checkbox"/> \$300 (1 year) | <input type="checkbox"/> \$325 (1 year) |

My membership fee is \$ _____

Plus I'm adding a tax deductible donation of \$ _____

My total is \$ _____

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)

Credit Card Payment Information: American Express Discover MasterCard VISA

Card Number: _____ Expiration Date _____ Security Code _____

Name: _____ (as it appears on card)

Signature: _____ (Include your billing address if different than membership address above.)

If You're New, This is for You!

More than 48 million people in the US have a hearing loss, which can hinder daily communication. By age 65, one in three Americans has a hearing loss. This invisible condition affects the quality of life of the individuals with hear loss, as well as family, friends, co-workers and everyone with whom they interact. HLAA believes people with hearing loss can participate successfully in today's world.



Information - Education - Support - Advocacy

Founded in 1979, the mission of HLAA is to open the world of communication to people with hearing loss through information, education, support and advocacy.

HLAA is the nation's foremost membership and advocacy organization for people with hearing loss. HLAA publishes the bimonthly *Hearing Loss Magazine*, holds annual conventions, a Walk4Hearing, and more. Check out: www.HearingLoss.org

The North Shore Chapter is a dynamic group of individuals working together as a team. To join, please fill out the Membership Form in this newsletter. Welcome!



Donating Hearing Aids to the Lions Club

By Michelle Gross

If you have used hearing aids to donate, please address the package to:

John McNamara, Au.D., Ontario Hearing
2210 Monroe Ave., Rochester, NY 14618

Put on the lower left corner of the package:
"Finger Lakes Region Lions Club"

(Cleaning tools, cases, most accessories, etc. have virtually no value and are discarded.) Aids that are usable are cleaned and checked and made ready for sending to the Lions Club for qualified recipients.

You can obtain a receipt for your donation (for tax purposes) but **you must request it**. And, thanks for considering donating your used aids.

Trudie Katz Walker

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Gene Therapy Durably Reverses Congenital Deafness in Mice

By *Science Daily*

In collaboration with the universities of Miami, Columbia and San Francisco, scientists from the Institut Pasteur, Inserm, CNRS, Collège de France, Sorbonne University and the University of Clermont Auvergne have managed to restore hearing in an adult mouse model of DFNB9 deafness—a hearing disorder that represents one of the most frequent cases of congenital genetic deafness.

Individuals with DFNB9 deafness are profoundly deaf as they are deficient in the gene coding for otoferlin, a protein which is essential for transmitting sound information at the auditory sensory cell synapses.

By carrying out an intracochlear injection of this gene in an adult DFNB9 mouse model, the scientists successfully restored auditory synapse function and hearing thresholds to a near-normal level. These findings, published in the journal *PNAS*, open up new avenues for future gene therapy trials in patients with DFNB9.

Read more: <https://bit.ly/2U8yUYt>

NEW Hearing Aid

Seems 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."

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

New Location for HLAA Meetings

Come join us at our new home at LIJ Katz Hospital. It's the new building you see when you drive into the main gate at LIJ. There will be FREE valet parking for attendees; passes are distributed at the end of each meeting. Or you can still park at our old site and walk over. As you enter the building, look to your left for signage to our conference room #132, located at the far left end on the main floor. There will be time before and after the meeting for some one-on-one chatting. There is a large light food court if you come early and would like a meal or just coffee before the meeting.

Join us and learn how HLAA can make a positive impact on your life as a hard of hearing person.