



Hearing Newsletter



Winter 2009

Dear Readers,

Most of us would agree that there is always room for improvement when it comes to our hearing and listening skills. One in six Australians have some form of hearing loss and this is expected to increase to one in four by 2050, making hearing loss more common than cardiovascular disease, diabetes, asthma, cancer and mental illness. Hearing loss can be caused by a range of things from infection, disease, trauma, virus, drugs, noise exposure or can be hereditary related.

The purpose of Hearing Awareness Week is to raise awareness in the community and a hearing test is the best way to determine what is wrong so as to allow appropriate management of the problem.

Our highly trained Audiologists are encouraging everyone over the age of 21 who is concerned about their hearing or tinnitus (noises in the ears) and even those who are not sure, to have their hearing tested during Hearing Awareness Week. We will be offering free services to the public at the selected pharmacies listed below.

In today's technological world, there are so many options that can be used to manage hearing loss and improve quality of life and family communication plus protection for your hearing. Falls of Sound, Indooroopilly Hearing Services will be able to advise you of all your options. So, don't leave it too late and mention this opportunity to your friends and family. Contact the pharmacies listed below to book your free appointment for a free hearing check.

In this edition we also have some facts on hearing loss and general information on regular batteries and the new rechargeable hearing aid batteries.

Katia , Natalie and Cynthia

- Hearing assessments
- Hearing aids & repairs
- Counselling related to hearing impairment and tinnitus
- Noise plugs
- Swimming plugs
- Musician plugs
- FM/infra red systems
- Loop systems

Trading hours:

Mon-Thurs

9:00am-5:30 pm

Friday: 9:00am-4:30pm

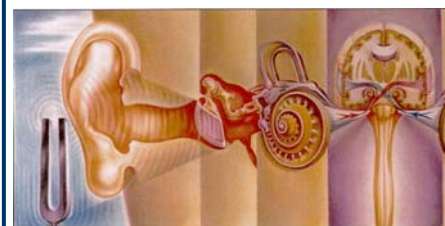
by appointment only

Thursdays after

5.30 pm and

Saturday

Free Hearing Screenings
 Hearing Awareness Week
 24th—28th August 2009



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 Office Tower
 Indooroopilly Shopping
 Centre
 318 Moggill Road
 Indooroopilly
Ph: 3378 5999

Email:

info@fallsofsound.com.au

www.fallsofsound.com.au

24/08/2009

Paddington Central Pharmacy
 107 Latrobe Terrace
 07/3368 3843

26/08/2009

Harrison's Pharmacy
 Indooroopilly Shopping Centre
 07/3878 3635

28/08/2009

St Lucia Pharmacy
 26 Hawken Drive
 07/ 3870 9542

25/08/2009

Bellbowrie Soul Pattinson Chemist
 Bellbowrie Shopping Centre
 07/3202 6071

27/08/2009

Kenmore Malouf Group Pharmacy
 Kenmore Village
 07/ 3378 1377

For more information call **07 3378-5999** or visit your local pharmacy and check for our poster. Bookings are necessary and should be made at the pharmacy.

During Hearing Awareness Week, we offer free hearing tests at local pharmacies.

People wait 7-10 years before they seek help for their hearing (from when they first notice). In the meantime, they might turn the TV up so loud that others complain or ask you to repeat yourself, etc. Sometimes people think you are “not listening” when in fact you haven’t heard them.

Typical excuses for not having a hearing test include

- the people around me are mumbling
- my hearing isn’t bad enough
- I know someone who got a hearing aid and they didn’t like it
- A hearing aid is inconvenient to wear
- People will think I am old if I wear a hearing aid ¹

None of these are good enough reasons not to acknowledge your hearing loss. Just think of all the sounds you may be missing – someone ringing your doorbell, your grandchildren talking to you, People might think you are “rude” or uncommunicative.

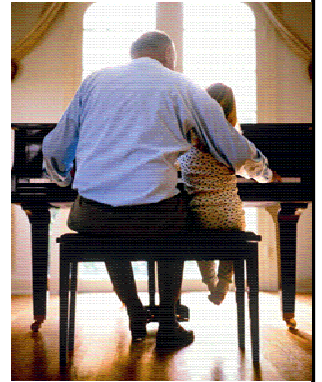
Poorly managed hearing loss can lead to early retirement, social isolation.

These questions can help you determine if you have a hearing loss:

1. Can you hear better with one ear than the other on the phone?
2. Do you have trouble understanding someone speaking to you from another room?
3. Do you have difficulty understanding speech when there is background noise?
4. Do you miss the punch line of jokes?
5. Do you misunderstand 50 for 15 or 60 for 16?
6. Do you have a history of ear infections, earaches or running ears?
7. Do you seem to hear the words but not understand them?

Information obtained from www.hearingawarenessweek.org.au/educationres.htm

¹ “Managing hearing impairment in an ageing population” Australian Hearing article in Deafness Forum newsletter.



TIP : REGULAR ZINC AIR BATTERIES AND NEW RECHARGEABLE HEARING AID BATTERIES

Regular Zinc Air Batteries: Zinc air batteries use air from outside the battery as a source of power and the tab needs to be removed to be able to let air into the holes in the battery to activate it.. Remove the colored tab on the zinc-air battery **only** when you are ready to use the battery and then insert it into the hearing aid so the '+' sign (flat side) faces upwards. Sometimes it is necessary to wait about one two minutes prior to inserting the battery into your aid to allow sufficient time for the air to enter and activate the battery. A battery could have low voltage measured with the tab on, or right after the tab is off and be judged as dead when it is tested. Immediately after removal of the tab the battery is activated and the voltage is normally lower than the specified voltage of 1.4Volt. This has nothing to do with battery capacity and you do not have to worry at all. Store batteries at room temperature and away from heat, sun and moisture. Batteries should not be carried in your pocket or purse with other metal objects such as coins or keys. Store batteries in the hearing aid/s overnight in a drying chamber with battery door open (switched off) or you may choose to remove the battery.

The following is the Color Coding System for batteries:



Size 10



Size 312



Size 13



Size 675

Rechargeable Hearing Aid Batteries: Rechargeable hearing aid batteries work differently from standard hearing aid batteries. Rechargeable hearing aid batteries have a stainless steel casing and a surface coating using nanotechnology which offers protection against corrosion even after heavy perspiration. Some people have difficulty when changing regular batteries so rechargeables are a good option. Each rechargeable hearing aid battery has the capacity to be charged as many as 400 times and can last as long as two years. When charging your hearing aids, turn charging device on and place aid/s into the charger and close the charger door. Charging time is usually 5 hours (overnight) and once the hearing aids are fully charged, remove them from the charging device and open and close the battery doors to activate the batteries in the hearing aid/s (switch on aid/s).

Rechargeable batteries should last 24 hours per day in the hearing aid in the first year of usage but this does diminish in the 2nd year of usage to about 15 hours per day. Using rechargeable batteries supports and promotes effective disposal in the market. It is not advisable not to mix regular batteries with rechargeables as the charger will not work properly. Please do not dispose of your batteries. Falls of Sound is collects all old batteries. The difference between regular and rechargeable batterie:s is to look for the holes on the flat side of the battery e.g.

Regular
battery



Rechargeable
battery

