

Services at Falls of Sound:

- Hearing assessments
- Hearing aids
- Counselling related to hearing impairment and tinnitus
- Noise earplugs, swimming plus, Musicians plugs
- Assistive listening devices.
- Central Auditory Processing Disorder Tests

TINNITUS

Is tinnitus a common problem?

Approximately 24 million people have tinnitus. Most experience occasional ringing or sounds in the ear at least one time or another. Tinnitus varies greatly among individuals ranging from a mild occasional sound to an ever present chronic condition. Some people report their tinnitus is so bothersome that it interferes with their quality of life.

What is the treatment for Tinnitus?

Since Tinnitus is a symptom associated with various disorders there is no single treatment that will help everyone. The most effective treatment is the removal or prevention of the cause. Unfortunately, the cause of tinnitus cannot always be identified or corrected. Therefore, tinnitus itself may need to be treated.

The Various Options for treatment include:

- ☞ **Use of Amplification (Hearing Aids)** - allows the hearing aid wearer to hear background sounds in the environment which takes away the focus on the tinnitus.
- ☞ **Tinnitus Masker**—resembles a hearing aid which produces a selected band of noise (shhh sound) that is perceived as a more pleasant sound than the tinnitus. Some people experience reduction or elimination of tinnitus after the masking noise is reduced.
- ☞ **Sound Therapy** - A listening system which uses high frequency, filtered classical music to rehabilitate the ear and stimulate the brain.
- ☞ **Biological Feedback**— teaches the patient a relaxation process which enables one to control his or her responses to stress. Psychologists typically provide this type of treatment.
- ☞ **Drug Therapy**—for tinnitus treatment is also used in the treatment of anxiety, depression and sleep deprivation.
- ☞ **Tinnitus Retraining Therapy**—teaches tinnitus sufferers to suppress the debilitating effects of tinnitus.

Article

"Lack of hearing loss treatment second most common healthcare mistake"

Source: Institute for Healthcare Advancement, 7th of November, 2003

Hearing loss is the third most common affliction among elderly people in the United States and many other countries, surpassed in frequency only by high blood pressure and arthritis. But while the elderly commonly go to their doctors for treatment of high blood pressure and arthritis, fewer than one in five, who could benefit from hearing aids, seek treatment for their hearing loss.

The Institute for Healthcare Advancement, based in California, has identified the refusal to wear hearing aids or other aids, such as eyeglasses or dentures, as the second most common mistake seniors make in caring for their health. Among with the refusal to use a walker, when appropriate, this behaviour may prevent the senior from obtaining helpful assistance with some of the problems of aging.

This kind of resistance to the aging process and its appearance is detrimental to the individuals themselves and to their surrounding relatives, friends or colleagues.

The number of one error is operating a car when it is no longer safe. Other error include:

- ☞ Not understanding what the doctor told them about their health problem or medical treatment plan
- ☞ Reluctance to discuss intimate health problems with the doctor or health care provider
- ☞ Disregarding the serious potential for a fall
- ☞ Failure to have a system or a plan for managing medicines
- ☞ Not having a single doctor or healthcare provider who looks at the overall medical plan for treatment
- ☞ Not seeking medical attention when early possible warning signs occur
- ☞ Failure to participate in prevention programs

Inside

Tinnitus

"Lack of hearing loss treatment second most common healthcare mistake"

Central Auditory Processing Disorder (Part 2)

Falls of Sound

Hearing Services

Trading hours: Weekdays: 8:30 am - 5:00 pm
Thursdays: 8:30 am - 7:00 pm

Home visits are available on request every weekday from 6 pm till 9 pm and Saturday from 8.30 am till 12 am.

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Central Auditory Processing Disorder (CAPD) Part 2

Falls of Sound provides Central Auditory Processing Disorder tests.

If CAPD is suspected, the individual should undergo a complete audiological evaluation to ensure normal hearing sensitivity, or to determine the type and degree of hearing loss. CAPD has often been linked or found to co-exist with other disorders or deficits, such as learning disability, attention deficit, hyperactivity disorder (ADHD), dyslexia, speech disorder and language impairment. However it has not been determined if one of these disorders is casual to the other.

The assessment for CAPD exist of several behavioral tests and include verbal and nonverbal stimuli, linguistically loaded and non-linguistically loaded tests. The duration of the test is appropriate for the individual attention span and motivation (90 min including full hearing assessment).

The following auditory behaviors are being assessed:

- Sound localization and lateralization
- Auditory discrimination
- Auditory pattern recognition
- Temporal aspects of audition
- Auditory performance with competing acoustic signals
- Auditory performance decrements with degraded acoustic signals.



CAPD refers to a deficiency in or more of the auditory behaviors listed above.

CAPD does not describe a single deficit, but encompasses a variety of functions.

Therefore if an CAPD is diagnosed, it is appropriate to refer the individual to other professionals to evaluate related disabilities. An interactive intervention and management plan should be developed. Therapy may be recommended to improve listening skills, decrease distractibility or inattention and improve auditory memory and listening comprehension. Environmental modifications and communication aids in the form of assistive listening devices, sound field systems and/or FM systems may be recommended (trials available at Falls of Sound).

Source: Yellin, W. APD, Katz, J. CAP: transdisciplinary view and Bellis T. Assessment and management of CAPD.



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Price: \$70 per set

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STAFF AT FALLS OF
SOUND WISHES YOU
A MERRY CHRISTMAS
AND HAPPY NEW
YEAR!

Falls of Sound will be closing from
27th of December till 4th of January
2005