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S
I
D
E

- ◆ President's Report
- ◆ Manager's Report
- ◆ 10 Facts about Hearing
- ◆ In store products and specials
- ◆ Hearing Housie—New!
- ◆ Notice of AGM
- ◆ Hearing Aids and Humidity
- ◆ Training Your Brain to Listen



HEARING
SUPPORT
BAY OF PLENTY

1342 Cameron Road
Greerton, Tauranga

9am - 4pm
Monday to Friday
Phone: 07 578 6476

www.tauranga.hearing.org.nz
Email:
tauranga@hearing.org.nz

OUR COMMITTEE:
President: Carl McOnie
Vice President: Jenny Cole
Treasurer: Tony West
Secretary: Jo Sykes
Committee:
Carey Wright
Graeme Lane

NOTICE OF AGM

The Annual General
Meeting
Of Tauranga Hearing
Association Inc.
Will be held on Tuesday,
17 April 2018
from 10.00am in the Oak
Room,
Tauranga RSA, Cameron
Road, Tauranga

10 Facts about Hearing

Test your hearing knowledge with this
list of 10 facts ...



Music has often been referred to as the art of the cosmos. By extension, your ears provide access to one of the most divine senses—hearing. These incredible organs carry waves in the air around you to your brain, where they are understood as distinct sounds. For this intricate process to happen, every part of the ear must be in top working order. Ten are not nearly enough to cover all the amazing things ears can do, but this list includes some of the more interesting facts:

1. The smallest bones are the ossicles in the middle ear: the *incus*, the *malleus*, and the *stapes* (also called the anvil, hammer, and stirrup).
2. The inner ear is the circumference of a pencil eraser.
3. Your sense of hearing depends on tiny hairs deep inside your ear. If you lose these hairs, you lose your hearing.
4. You do not need to clean wax out of your ears unless you have an abnormal condition. Ears push excess wax out as needed.
5. Most individuals experiencing hearing loss are under the age of 65.
6. The number one cause of hearing loss is exposure to excessively loud sounds (85 decibels or higher).
7. Your hearing can be damaged permanently even after a single exposure to extremely loud noise (shotgun blast, explosion, etc.).
8. Your ears never stop hearing, even when you sleep. Your brain just ignores incoming sounds.
9. Ears are more than just necessary for hearing; they also help you keep your balance.
10. Not all living creatures hear with ears. Snakes use jawbones, fish respond to pressure.



THANK YOU!

We thank these organisations' for their generous support



From the Presidents desk ...

Carl McOnie

Again I would like to start by acknowledging the committee for volunteering their time to lead Hearing Support BOP. I also want to recognise the fantastic ongoing work of Jo, as she runs the day to day operations of the organisation. Finally, I wanted to thank all the Volunteers' who have helped out over the past few months , as the committee and Jo took a break to spend time with family and friends.

On the 17th of April at the Greerton RSA , we will meet again for our Annual General Meeting – I hope you will join the committee and me to review in detail 2017 and to look at the future of Hearing Support Bay of Plenty. Our strategy for 2018, for the most part, remains unchanged with the commitment to the provision of advocacy, education and support for our hearing impaired community.

An exciting event coming up in May is the National Boards AGM – Jo will be attending on our behalf and will no doubt bring back some useful information on the National Boards position and performance.

Great to see interest again in our Dangerous Decibels programme. Jo has already been out to talk to a few schools. For me, it is great to see schools taking a forward approach to preserving hearing, and for allowing us to change some perceptions about noise and its permanent effects.

Finally thank you (our members) for allowing me the opportunity to volunteer and support you and your families. As you may know I have a work-related hearing loss and enjoy the chance to give a little back to a cause I so very much believe in . I look forward to the rest of the year and seeing you on the 17th April for our AGM, a cup of tea and a chat.

Leaving a Legacy

Have you considered leaving a bequest or legacy in your Will?

Tauranga (BOP) Hearing Association Inc. is a registered charity. We have been dedicated to helping those with hearing loss for over 60 years.

By leaving a bequest or legacy you can help us to ensure that we can continue for generations to come.

For information on leaving a legacy, call in and see us, or talk to your legal advisor.

Manager's Report ...

Jo Sykes

Welcome to 2018!

I enjoyed taking some time out during January to spend time with family. My daughter has now left for university to study Law and Commerce and my son has started on his journey in College. I'm well and truly back into work mode for what is shaping up to be a big year.

What a start it's been weather-wise—I'm extremely grateful for air-conditioning in the office with all this humidity. Don't forget, humidity can play havoc with hearing aids. So if you're concerned about yours, bring them in to be dried out.

The start of the year brings the preparation of financial reports for 2017, and funding requests for 2018. We rely heavily on funding from the various organisations we apply to, but we also rely on your support as members.

We will be rolling out our Dangerous Decibels programme again this year to schools throughout Tauranga. This programme is aimed at teaching students about hearing and the prevention of Noise Induced Hearing Loss.

The date of our AGM is set for Tuesday, 17 April starting at 10.00am at Tauranga RSA. We must have a quorum for the meeting to go ahead, so please come along and support us for half an hour or so. **Free morning tea** will be provided as well as a **complimentary packet of batteries for each member that attends the AGM.**

For those who missed out on the last Tinnitus workshop—I will be working on setting up another workshop this year. The speaker, Grant Searchfield is very popular, so when a date is confirmed the event will be advertised.

COGNITIVE DECLINE

Those with untreated hearing loss experience **A 30-40% GREATER DECLINE** in thinking abilities compared to those without hearing loss.

TINNITUS

90% OF PEOPLE WITH TINNITUS ALSO HAVE HEARING LOSS.

Tinnitus affects 1 in 5 people. Tinnitus can be caused by hearing loss, an ear injury, or a circulatory system disorder.

EYE HEALTH

VISION HELPS YOU IDENTIFY WHERE A SOUND IS COMING FROM.

If you have vision and hearing loss, your ability to target sound location is compromised. The amplification from hearing aids helps compensate for the vision loss.

SAFETY/BALANCE

PEOPLE WITH MILD HEARING LOSS (25dB) ARE

3 TIMES more likely to have a history of falling. Every additional 10 decibels of hearing loss increases the chances of falling by **1.4**

HYPERTENSION

THERE IS A SIGNIFICANT ASSOCIATION BETWEEN HIGH BLOOD PRESSURE AND UNTREATED HEARING LOSS.

Hypertension can be an accelerating factor of hearing loss in older adults.

TOTAL-BODY
HEALTH
BETTER HEARING
HEALTH

HEART HEALTH

THE INNER EAR IS EXTREMELY SENSITIVE TO BLOOD FLOW.

Studies show that a healthy cardiovascular system — a person's heart, arteries, and veins — has a positive effect on hearing. Inadequate blood flow and trauma to the blood vessels of the inner ear can contribute to hearing loss.

70% SMOKING

CURRENT SMOKERS HAVE A 70% HIGHER RISK OF HAVING HEARING LOSS THAN NONSMOKERS.

OBESITY

HIGHER BODY MASS INDEX (BMI) AND LARGER WAIST CIRCUMFERENCE ARE ASSOCIATED WITH INCREASED RISK OF HEARING LOSS IN WOMEN.

DIABETES

HEARING LOSS IS TWICE AS COMMON IN PEOPLE WITH DIABETES COMPARED TO THOSE WITHOUT.

Adults whose blood glucose is higher than normal but not high enough for a diabetes diagnosis, have a **30% higher rate of hearing loss** compared to those with normal blood sugar.

OSTEOPOROSIS

A study linked osteoporosis and hearing loss, theorizing that demineralization of the three middle ear bones may contribute to a conductive hearing impairment.

OTOTOXICITY

THERE ARE MORE THAN 200 MEDICATIONS ON THE MARKET TODAY THAT ARE KNOWN TO CAUSE HEARING LOSS (TOXIC TO THE EARS).

The list of known ototoxic drugs includes:

- Aspirin
- Quinine
- Water pills
- Certain antibiotics
- Some anticancer drugs
- Some anesthetics
- Environmental chemicals like carbon monoxide, hexane and mercury



TRAINING YOUR BRAIN TO LISTEN

Hearing is not truly a function of your ears. It is instead, a function of your brain. There is a distinction between good hearing and good listening. Because of the relationship between your brain and hearing, it is important to train your brain in active listening rather than just hear the world around you.

Effective Communication

Listening skills are essential for effective communication. No matter how advanced hearing aids and technologies become, they will never be able to improve your listening skills, only your hearing capabilities. Listening improves when you block out background noise and allow spoken words to be truly heard.

True listening comes from your brain's trained and consistent ability and from actively practicing communication. If your brain does not utilize listening skills or effective communication techniques, such as with old age or a hearing problem, this can greatly impact hearing. For that reason, your brain must be trained to listen and actively hear in order to foster plasticity and result in communication that works.

Hearing Versus Listening

Hearing is the act of taking sound into the body and recognizing its existence. For example, hearing a large noise that makes you turn your head or a whisper that makes you cringe are both incidences where you use your hearing ability. Experts call this signal-based knowledge or signal-based processing. In contrast, listening requires knowledge as well as hearing.

Listening skills are those that are derived when a message is understood or when words are heard and recognized for the messaged intent. Disturbances in hearing, such as due to hearing loss or problems in the ear, impact listening, but they should not be thought of as one in the same.

Learn Communication Strategies

As you age, the distinction between listening and hearing becomes more apparent. Older individuals often express that they can hear another, but they cannot understand what is being said. You can improve your listening skills with the right tools and information, as well as training. Training stretches your mind and builds your brain so it can both listen and hear at an appropriate level. Even if you use a hearing aid or other device, your ability to listen can be improved. Some strategies for learning communication include:

- Have realistic ideas of what a hearing aid can do
- Teach your social network "clear speech"
- Employ communication strategies with your social network
- Join a group that can teach you strategies of listening in a group setting
- Use other helpful technologies
- Use closed-captioned TV or movies Train Your Brain

You can prevent your listening skills from decaying over time and also improve your everyday function with the right therapies and technologies. Hearing aids provide a place to start, and they are necessary for certain individuals. Beyond these, cognitive and auditory training is important for everyone who wants to strengthen their brain, make it engaged, and improve their listening skills and abilities.

Education is an important part of this process - you do not only improve but also understand why and how the brain and hearing relate. Practicing different communication strategies helps you train your brain to listen.

Listening Exercises Here are three types of listening exercises for you to try:

- Use the television to listen to a show in real time, and then evaluate your hearing by watching it again with closed caption on or in slow motion.
- Read along with audio books.
- Listen to someone else read a newspaper, and then read along with them as they talk. Try these in increasingly noisier environments to build skills.



Humidity and Hearing Aids

Most modern hearing aids are water resistant, so you don't need to worry about being caught in a rain shower. But warmer days means more perspiration, which can lead to moisture building up inside your hearing aids. Moisture build up damages hearing aids and is a major reason they are returned for repairs. Over hot days, hearing aids need extra care to keep them dry. We recommend that you pop them into your dry aid kit on a nightly basis. At bedtime, open the battery drawer so the aids are switched off and place them in the container. If you are prone to excess moisture build up, a good investment could be a hearing aid dehumidifier or dryer.



\$22



\$65

Preventing long-term moisture damage

- ◆ Remove your aids before showering, swimming, or water sports such as water-skiing, boating, or surfing.
- ◆ Do not leave your aids in direct sunlight or extreme heat in humid conditions (for example, on the dashboard or in the glove box of your car, or on the window ledge in the bathroom).
- ◆ Store your aids (and batteries) in a dry place in their protective case.
- ◆ Take care when using hairspray, hair products, sunscreens and insect repellent. Make sure products have dried before putting your aids in.
- ◆ Wipe your hands before touching your aids to avoid dirt getting into sensitive microphones.

If your aids do get wet:

- ◆ Do not use a hair dryer to dry them.
 - ◆ Remove the battery and leave the drawer open to dry out for a few hours.
 - ◆ If you have a hearing aid dry kit or dehumidifier, put your aids into it as soon as possible. You can bring your hearing aid in to us and ask for them to be vacuum dried. This is free for members, and only takes around 5 minutes.
- If your aids have had ample time to dry, but you find that they cut out when noises are loud, or turn off and on, or that sounds are distorted or fade, or you hear a lot of static, first, replace the batteries, but if that doesn't solve the problem, visit your audiologist for repair.



Researchers discover how roosters prevent themselves from going deaf from their own crowing

If you've ever lived on or near a farm that raises chickens you probably already know just how incredibly loud roosters are. The old depictions of a rooster waking up everyone within earshot is quite accurate, and their piercing bellows can be downright painful if you're standing right next to one. Scientists have often wondered why roosters are seemingly immune to their own intense vocalizations, and a new study finally reveals the answer: they have built-in earplugs.

Researchers from a pair of universities in Belgium just published a study in the journal *Zoology* that details the mechanism that prevents roosters from damaging their own hearing. The first step in their quest for answers was to determine just how loud a rooster's crowing actually is, and after sampling several different roosters the data indicated an average intensity of over 100 decibels. That's roughly as loud as a car horn, and right at the "threshold of discomfort" for human hearing and it's loud enough to cause deafness over time with repeated exposure.

After close examination of the skull structure of the birds the researchers realized that they actually have a built-in defense against loud sound in the form of small flaps of tissues that act like a barrier. When a rooster adjusts its head and neck as it begins to crow, the small bits of tissue actually close up the ear canal, which effectively acts as an earplug and dampens the noise significantly.

On top of that, the study reveals that roosters are actually able to regenerate the tiny hair cells deep within the ear that can become damaged from loud noises. Humans don't have that same ability, which is why deafness caused by loud sounds is typically permanent for us. For roosters, a degree of deafness would likely only be temporary if it happened at all.

"Micro-CT scans of a rooster and chicken head show that in roosters the auditory canal closes when the beak is opened," the researchers write. "In hens the diameter of the auditory canal only narrows but does not close completely. A morphological difference between the sexes in shape of a bursa-like slit which occurs in the outer ear canal causes the outer ear canal to close in roosters but not in hens."

Pillow Speaker— great for tinnitus sufferers!

Plug into a radio and place under your pillow. Play music or sounds quietly to distract your mind from tinnitus to allow you to sleep.



Only \$20!

Limited stock.

New model with new features

Uniden SSE45 Cordless Telephone

This phone has excellent sound quality and amplification. Built-in answerphone with slow playback option. Hearing aid compatible.

Now with up to 50 dB of volume. \$120



REDUCED TO CLEAR

Uniden SSE35 Telephone. As new

\$60 (half price). Never used.



Sennheiser Wireless TV Headset \$160

(RRP \$538) As new



These items do not come with warranties.

They are in as new condition. First-in first-served. (selling on behalf—cash only)

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Friends special:

Hearing aid Batteries

**Buy 5 packets
get one
FREE!**

Valid until end of March 2018 or while stocks last

Expressions of Interest



HEARING HOUSIE



**Do you love a game of
Housie or Bingo?
Avoid going because you can't hear the
caller?**

HEARING HOUSIE:

Especially for hearing impaired. Numbers are not just called out, but are shown on a screen. Slower pace than normal. Greerton location. Mornings.

If you would be interested in coming along, let us know.

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