



What's That?

Welcome to our summer edition of 'What's That'?

Summer keeps coming earlier and earlier... so we thought we should get our Summer edition of 'What's That' out to our clients a little earlier too? There has been a lot happening this year in regards to hearing aid technology and in our main article we try to give a summary of the latest technology across the different companies. There also seems to be growing press about hearing issues in the world so we wanted to share some of those stories with you. Please also enjoy our article on hearing in restaurants and let us know what you think.

Hearing Aid Technology Update

As an independent hearing practice we are fortunate in that we are able to fit hearing aids from all manufacturers in Australia. The trend in the past few years is to provide a greater choice of devices with more options to better suit the diverse needs and lifestyles of our clients.

Below are a few examples current and upcoming devices on the market together with a little information about them.

In recent times we have had a number of clients successfully fitted with **Oticon's Delta & Resound's Dot** hearing aid. **Siemens** and **Widex** have, over the past few months, also released their miniature aids. They are all extremely small with excellent sound quality. These aids are designed for people who want as discreet a hearing aid as possible as well as the advanced technology to distinguish between speech and unwanted noise without having to touch the control on the aids.

Phonak has launched a new top of the range **Exelia**. These hearing aids not only communicate with each other wirelessly, but with other entertainment and communication systems: it uses blue-tooth technology to connect to your mobile phone, laptop, GPS system, stereo and television. This is backed by an innovative digital system that allows you to "manually" direct the microphones to best highlight and extract sounds, if you choose to do so.

The **Pure** from **Siemens** is a small hearing aid using rechargeable batteries, with learning capabilities & a comprehensive speech and noise management system. It too has the ability to link with wireless blue-tooth external audio devices

Resound and Siemens have produced two very novel hearing devices both of which sit around the inside rim of the ear bowl and in the canal. The **Vibe** from **Siemens** offers a selection of interchangeable snap-on covers to change the colour of the

d depending on how you feel / what you are wearing. It looks more like a modern accessory than a hearing device.

Resound's Be is an instant fit where no earmould is required and with the primary focus of discretion.

All hearing aids have certain features and benefits and we strive to fit the most appropriate hearing aid for each individual client that we see.



Be from Resound



Restaurant Reviews

One of the most difficult places for people to hear, even with a mild hearing loss, is in a restaurant.

Ten years ago, so many diners complained about how loud restaurants had become that The Chronicle Newspaper in San Francisco, began incorporating noise ratings into their restaurant reviews - one bell being pleasantly quiet, at less than 65 decibels, up to the too-noisy-for-normal-conversation "bomb" at 80-plus decibels. It's time that we institute a rating system for our Melbourne restaurants.

Some of the noise is a result of popular design and some is a device of restaurateurs wanting to create

excitement or keep diners from lingering too long. But the biggest reason, say experts, is the world has become a louder place - too many people and not enough space. And if the sound of urbanization wasn't enough, Australians have taken to making iPods and Bluetooth devices their constant companions.

Unlike the restaurants of yesteryear, with thick carpet and plush upholstery, designers now lean toward hard surfaces that reflect sound.

So with this in mind,

Tips for quieter eating

- Sit on the periphery of the dining room, where seating is less dense.
- Find alcoves or corners shielded by walls.
- Avoid sitting near tables with large parties, where conversations are likely to be louder.



- Avoid tables near the kitchen or bar, where clattering pots and pans and blender humming may be bothersome.
- If possible go when it's not as busy, when there are less people.

We would love to build a database of "hearing friendly" favourite restaurants that we can share with all our clients. Please email any recommendations to info@zailhearingcare.com.au.

Hearing NEWS around the World

GOOD NEWS for those who Drink, but don't smoke and don't have seconds.

Smoking and body mass index (BMI) are risk factors of age related hearing loss BUT alcohol seems to have a protective effect.

A European study involving 9 audiological centres, in 7 countries, using a total of 4,083 people between the ages of 53 and 67 found that moderate alcohol consumption (at least one drink a week) was seen to have a protective effect.

Hearing loss has always been considered an inevitable part of ageing, but more and more studies seem to indicate this is not necessarily true. Apparently a healthy lifestyle can be beneficial for hearing conservation at higher ages.

Regenerating damaged hearing cells may be possible

Current stem cell research is supporting the possibility of regenerating damaged hearing cells in the inner ear. This could be good news in another 20-30 years for those with damage in the cells that transform sound waves in the ear into nerve impulses in the brain. This is, in fact, the most common type of permanent hearing loss.

Tougher noise guidelines in Germany

Guidelines for noise levels and precautionary measures at music events and venues in Germany have been tightened. The duration of high noise levels is no longer a determining factor in noise protection. If the maximum recommended average noise level of 85 dB is exceeded, the event or venue operator must warn the audience or guests about the risk of hearing loss.

This is a very welcome change... hopefully Australia will follow suit.

Diabetics are twice as likely to suffer from hearing loss

American studies confirmed that hearing loss is more prevalent among adult diabetics than the general population. Diabetes often damage inner ear nerves and blood vessels. This is seen as the likely cause of increased prevalence in hearing loss.

For those clients that would like the full article(s) just call our clinic / email us and we can send you the url or a copy of the articles.

Zail Hearing News

Our visiting sites have continued to grow. Carrum Downs, Rosebud & Malvern East clinics are all getting busier and we hope to open up a few more visiting sites over the next 12 to 18 months.

We have a new audiologist joining our practice, Lisa Silverman. Lisa will be joining us in December. Please make her feel welcome. We expect that she will add a lot of color and vibrancy to our practice.

On a sad note, after almost 7 years with us, Sarah McCullough decided to embark on a career change and take up a role with one of our hearing aid suppliers, Phonak.

Seasons Greetings

Christmas Closing Dates

All our clinics will close on Tuesday December 23 and reopen on Monday January 5.

Mornington	Frankston	Berwick	Malvern East	Rosebud	Carrum Downs
Suite 3, 311 Main Street, MORNINGTON 3931 T 03 5977 0670 F 03 5977 2360	45 Hastings Road, FRANKSTON 3199 T 03 9770 2365 F 03 9783 9367	46 Clyde Rd, BERWICK 3806 T 03 9769 8700 F 03 9707 1599	153 Waverley Rd, MALVERN EAST 3145 T 1800 650 670 F 03 5977 2360	1533 Point Nepean Rd, (next door to South Coast Medical) T 1800 650 670 F 03 5977 2360	Shop 6, 115 Hall Rd (Within Intergrated Health) T 1800 650 670 F 03 5977 2360



Zail Hearing Care