

# What's That?

## Welcome to another edition of 'What's That'?

This edition finds us exploring Bluetooth technologies and hearing aids. We look at why aural rehabilitation classes are a good idea and what's going on in hearing research around the world. We hope it interests you all.

## Wireless Update

In the last 10 years there has been an explosion in the increased use of technology for communication purposes. The use of these devices has often been a challenge for hearing aid wearers. A number of manufacturers have released wireless bluetooth streamers that when coupled with today's digital hearing aids, allow wearers to interface with both communication and entertainment systems. These streamers connect you wirelessly to mobile phones, laptops, MP3 players, iPods, GPS systems, high definition television and stereo systems. They even have a priority rating so that if your mobile phone rings, it will override other devices.

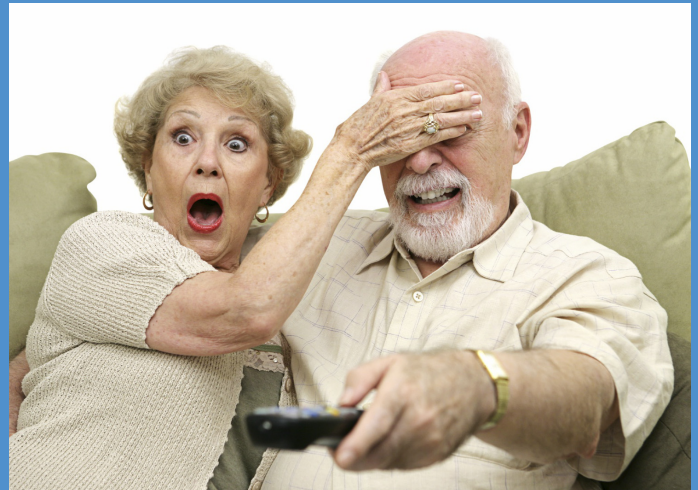
Bluetooth streamers enable the audio signals to be heard directly in both ears through the hearing aids, providing a clear, comfortable sound reception whilst excluding other interfering noises.

For mobile phones, hands free kits allow you to answer the mobile with just one push of a button, sending the speaker's voice directly to both hearing aids. This greatly improves hearing on the phone even in background noise.

These bluetooth streamers will interface your MP3 player or ipod with your hearing aids. This turns your hearing aids into tiny, wireless earphones. The streamer sends music directly to both hearing aids for a far superior listening experience.

Manufacturers have provided these wireless devices with a range of adaptors that allow them to connect to your television or landline phone and send the signal from these directly to your hearing instruments as well.

There are a number of examples of hearing aid compatible Bluetooth wireless devices. *Phonak* has released the *iCom*, which can be used with any Bluetooth device or can be used



in conjunction with the new *VOISS* television transmitter for wireless TV. *Oticon* have the *Streamer*, which again can be used with any Bluetooth device, or used in conjunction with the *Connectline* TV adaptor for wireless TV and/or *Connectline* Phone adaptor for wireless use of a landline phone. *Siemens* have a *Tek* package.

Not all wireless devices are compatible with all hearing aids. For more specific information on products for your particular needs please talk to us. At any stage if you want to know more ring to make a no obligation appointment.

### Special Thank You

To all of our patients that have referred family, friends or work colleagues to our clinics. We appreciate your trust in us and the recommendation.

## Making the most of what you have – aural rehabilitation classes

**A**ural rehabilitation is an integral component in the overall management of hearing loss.

We are running classes aimed to help you adjust to your hearing loss, make the best use of your hearing aids, explore assistive listening devices, manage conversation and take charge of your communication. Even if you don't have hearing aids but have discovered you have a hearing loss, aural rehabilitation can give you strategies to improve your listening and increase your communication effectiveness.

We run an Aural Rehabilitation program (2 x 1 hour sessions) at both our Mornington and Berwick rooms which compliments our normal hearing aid fitting process.

Upcoming dates for group sessions are:

Mornington	Berwick
Tues Sept 1st,	Thurs Sept 10
Tues Oct 6	Thurs Oct 8
Wed Nov 4th	Thurs Nov 12
Tues Dec 1st	Thurs Dec 10th

If you are interested in attending any of these sessions please give us a call to book yourself in. There is no charge; however there is a limited number for each session so book in now. Partners / friends are more than welcome.

Please call Michelle at Mornington on 5977 0670 or Yvonne at Berwick on 9769 8700.

## Hearing Awareness Week 23-29th August 2009

**T**he Deafness Forum's Hearing Awareness theme for 2009 is "At Home, At Work, At Play – One in six", which serves as a reminder that one in six Australians suffers from some form of hearing loss. These 3.55 million Australians live among you, work among you and enjoy a variety of recreational activities with you.

This number continues to grow as people continue to put their hearing at risk At Home, At Work and At Play.

To help raise community awareness of hearing loss Zail Hearing Care will be offering a number of **FREE** community hearing screenings throughout the Peninsula and Berwick areas. For Bookings call our office for specific locations and times.



## Hearing NEWS around the World

### Hearing loss taking toll on couples

**A**ccording to an online study conducted by Harris Interactive for Cochlear Americas, among 5,576 adults, personal relationships are adversely affected by hearing loss. Hearing-impaired couples are the hardest hit, but relationships with friends, family and colleagues can suffer as well.

According to the study 54% of respondents admitted they find it frustrating to communicate with individuals who appear not to be paying attention due to their hearing loss. 32% acknowledged feeling actual irritation in such situations while 18% stated they feel ignored. Almost half of the respondents with hearing loss had not sought treatment. Just 20% were aware of the many options currently available for reducing the effects of hearing loss.

*It's unfortunate that so many people don't seek help for their hearing issues when today there are so many options available.*

### Work noise increases risk of hearing loss

Daily exposure to excessive noise in the workplace is the primary factor in many cases of hearing loss in the working population. Years in a noisy job significantly increases the risk of serious hearing loss and tinnitus. This was confirmed by a British study among 12,907 adults. The risk of serious hearing problems more than doubles after five years in a noisy job.

According to the survey, many more men than women are exposed to high noise levels over many years in their workplaces. Furthermore, men who work for years in noisy jobs are more susceptible to suffering hearing loss than women in similar conditions.

Tinnitus is another affliction associated with years in a noisy job. A survey shows 13.4% of men who had worked in a noisy environment for more than 10 years, experienced persistent ringing or buzzing in their ears (tinnitus).

*You can lessen the risks of hearing difficulties and tinnitus by protecting your ears with earplugs or other hearing protection devices when exposed to excessive noise.*

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