



**Accent Hearing**  
EXCELLENCE IN LISTENING

# The Listener



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## Autumn Edition - 2020

Grafton - Glen Innes - Inverell

[www.accenthearing.com.au](http://www.accenthearing.com.au)

Welcome to the Autumn 2020 edition of Accent Hearing's Newsletter *The Listener*. We explore helpful hearing tips on all hearing matters.

### Hidden Hearing Loss

Chronic conductive hearing resulting from middle-ear infections, may interfere with speech recognition deficits, according to the results of a new study led by Harvard Medical School scientists at Massachusetts, published in the Journal Ear and Hearing. By not treating infections or other conditions that affect the middle ear, may lead to neural deficits and difficulty hearing in noisy environments.

Their results suggest that chronic sound deprivation can lead to speech recognition difficulties consistent with cochlear synaptopathy, a condition also known as hidden hearing loss.

Sound waves travel through the ear canal before reaching the eardrum and the tiny bones of the middle ear, where they are converted into electrical signals in the inner ear and transmitted to the brain via the auditory nerve. Conductive hearing loss occurs when sound transmission from the ear canal to the inner ear is impaired, leading to a reduction in sound levels and an inability to hear soft sounds. Sensorineural hearing loss, on the other hand, occurs in the inner ear when the conversion of sound-induced vibrations into electrical signals in the auditory nerve is impaired.



Middle ear infections can reoccur and persist for many months, resulting in communication difficulties that can persist after the disease has resolved.

This can lead to lower speech-recognition scores on the affected side than the healthy side, even when the speech was loud enough to be clearly audible. People with hearing loss in one ear are often reluctant to engage in rehabilitation or treatment as they still can rely on the better ear. In absence of treatment, speech perception may worsen in time. This is important considering that children with asymmetric hearing loss have higher rates of academic, social and behavioural difficulties, according to the authors.

## Can What You Eat Affect Your Hearing?

Did you know eating the right things can help prevent hearing loss? Below are some tips for healthy hearing.

### Eat your greens



Greens are good. Dark leafy greens, broccoli, peas and asparagus, even Brussels sprouts for the brave, are all rich in **folate**, which is proven to protect against age-related hearing loss. This B vitamin helps produce

new cells and maintain good circulation, essential for healthy ears.

### Bananas

**Potassium** has been shown to protect our hearing, attributed to its role in regulating the fluid in our ear that is associated with hearing. Potassium levels naturally decrease as we age so making sure you're getting decent dietary intake is important for preventing age-related hearing loss.

### Vegetables

Also found in fruit and vegetables, **magnesium** helps protect delicate hairs in the inner ear from the shock of loud noises and buffering against the biggest culprit when it comes to hearing loss – noise damage.

### Zinc

Looking for an excuse to indulge in chocolate? Thought to be an effective treatment for tinnitus, and shown to increase the inner ear's resistance to hearing loss, **zinc** can be found in beef, lamb, seafood, garlic, chickpeas and our favourite, dark chocolate. Zinc is important for immune function too, so it can help ward off nasty ear infections.

## “Noise is the bane of modern life and a major health issue”.

Motorcycles thundering through residential neighbourhoods, revving their engines and waking up every child in the street, may soon be a thing of the past in France.



A Paris suburb is trying out a new system that can identify noisy vehicles, pinpoint their location and automatically linking the sound recordings to police CCTV cameras and automatically issuing tickets to offenders.

## Music and The Brain

Research has shown that music recruits neural systems of reward and emotion similar to those known to respond specifically to biologically relevant stimuli, such as food and sex, and those that are artificially activated by drugs of abuse. This is quite remarkable,



because music is neither strictly necessary for biological survival or reproduction, nor is it a pharmacological substance. Activation of these brain systems in response to a stimulus

as abstract as music may represent an emergent property of the complexity of human cognition. Perhaps as formation of anatomical and functional links between phylogenetically or evolutionary development older, survival-related brain systems and newer, more cognitive systems increased our general capacity to assign meaning to abstract stimuli, our capacity to derive pleasure from these stimuli also increased. The ability of music to induce such intense pleasure (musical frisson) and its putative stimulation of endogenous reward systems suggest that, although music may not be imperative for survival of the human species, it may indeed be of significant benefit to our mental and physical well-being.



**Don't forget to open your hearing aid battery doors at night to save battery power and also wait a minute or two after removing the tab, which gives you a few more hours!**

## Testimonial Corner....

*I have suffered from hearing loss for many years. That loss occurred at a very slow rate and it took considerable time for me to understand how much damage had occurred and what I was missing out of in my life.*

*I was lucky enough to find Greg Butcher at Accent Hearing in Grafton. Greg has a great approach and a cheerful manner that works well for my generation. His assessment of my needs was well considered with a most cost-effective result.*

*The outcome was that after being fitted with hearing aids I could hear the sounds that I remembered from years ago as a child and young adult. I couldn't believe it. I remember telling Greg after at the follow up review that my hearing was now amazing.*

*I can now hear sounds like native bird calls like I did in my younger days. It is now obvious that I was missing out on so many experiences. My wife cannot believe that she no longer needs to repeat herself even when she has her head in the cupboards when asking me questions.*

*My advice is that it is never too late for hearing assessment and if you require hearing aids it will be because you need them, and everything will change for you after that. For me, Greg and his happy office team of hearing specialists are the right people to take on that journey back to the days only you can truly remember.*

Ross Neil  
Glenreagh

**Why not use the 'mute button' on your TV remote control to have a conversation when the commercials are on!**



## Accent Hearing Clinics - 1300 859 828

- **GRAFTON** | L5 'The Link' 50 Prince Street, Grafton Shopping World, Grafton NSW 2460 (PO Box 1500).
- **GLEN INNES** | Glen Innes Chiropractic Centre, 113 Meade Street, Glen Innes NSW.
- **INVERELL** | Skybridge Financial Building, 129-135 Otho Street, Inverell NSW.

*Accent Hearing is independent and is locally owned. Our clinician Dr Greg Butcher is an Accredited University trained Doctor of Audiology; a Full Member of Audiology Australia & Independent Audiologists Australia; and a qualified Government & Medicare Hearing Services Provider.*