



**Accent Hearing**  
EXCELLENCE IN LISTENING

# The Listener

## Head Office

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**Spring Edition - 2020**



Grafton - Glen Innes - Inverell

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

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

## Clinic's New Website!

Accent Hearing has a brand new website, full of interesting information to keep you up to date.

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

Also, please find us on Facebook and click the 'Like' button to receive updates and information about Accent Hearing.



## Tinnitus Research

Dietary factors are thought to influence susceptibility to tinnitus and hearing loss. A study from 2016 examined cross-sectional associations between tinnitus, hearing difficulties, nutrient intakes and dietary patterns using a validated 24-hr recall dietary questionnaire in a large population study sample of 34,576 UK adults. Dietary nutrients and patterns were estimated based on questionnaires taken over one year. After adjusting for confounders, higher intakes of calcium, iron and fat were associated with increased odds of tinnitus, while higher intakes of vitamin B12 and a dietary pattern high in meat intake were associated with reduced odds of tinnitus. Higher intake of vitamin D and diets high in fruit, vegetable and meat were associated with reduced odds of hearing difficulties. A high-fat diet was associated with increased risk of hearing difficulties. The study suggests that a diet low in fat and high in vitamins and antioxidants may be important for hearing health.

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## What's The Best Hearing Aid?

Many people ask this question and, in the end, it all depends on how well the devices are fitted and programmed to your particular hearing loss. The right technology with the right features is absolutely critical to your success with hearing treatment. A good hearing aid fitting will depend on a multitude of choices and factors such as:

How severe is your hearing loss? What are your speech scores at higher volumes? What situations do you struggle in? How big are your ear canals? How much space do you have behind your ears? Do you need an ear mould? Do you have any allergies to plastics or metals? Do you hear your voice too loud? Do you want to stream audio from a smart device? What type of smart device do you have? Do the looks of the hearing aid matter to you? Is durability important to you? Do you want rechargeable devices? Do you want to use disposable batteries? How active are you? Do you live alone? Do you have mobility issues?

If a hearing care provider cuts corners and doesn't provide best practices, you may as well randomly pick a hearing aid as you are not going to get the full benefit out of it. You are

much better served trying to find the "best hearing care provider" near you who follows best practices, using a person centred care approach.



and a ploy to get you into the hearing aid manufacturer's store. Remember, there's no such thing as a 'free lunch' as you will eventually pay for it in the upscaled price of the hearing aids.

**So the real question should be not "What's the best hearing aid for me" but "Who's the best hearing care provider for me" as they are the key to success with your hearing treatment.**

## 8 Tips for Hearing Aid Users

1. Wear them proudly, you will quickly discover they are your connection to an enhanced world of sound and increased self-confidence.

2. The stigma associated with hearing aids is quickly fading into history as we become a more technically focused society, keeping you connected to the sounds of life.

3. Keep spare batteries with you in different places you find yourself in.

4. Keep your hearing aids dry for those who sweat profusely! Moisture is the enemy of electronics. Using drying tablets help suck the moisture up and prolong the life of the hearing aid.

5. Start slowly when using Hearing Aids for the first time, as this can be mentally and physical demanding at first. Start off with a few hours each day until wearing 8+ hours a day. This is your brain acclimatising or reorganising itself at work here to all the different sounds you have not heard for many years. This can take up to 30 days of continually wearing them.

6. Hearing aids do work, so instead of putting them in the drawer, book yourself in for any fine tuning adjustments. You need to work with your hearing care clinician to see where your subjective hearing performance is at in the real world.

7. Advocate for yourself! If you have hearing loss and you are having trouble in certain situations, you need to speak up and tell whoever is communicating with you to change the way they are communicating with you, like telling them to face you, speak up, get your attention, making sure the environment is best set up for yourself.

8. Find a 'Hearing Aid Buddy' you know who wears hearing aids for extra support as a trouble-shooting friend and someone to help you if needed.



## Hearing loss remains the highest modifiable risk factor as found in the new Lancet report!

The 2020 Lancet Commission on dementia prevention, intervention and care was published recently. They identified 12 risk factors that, if modified, might prevent or delay up to 40% of dementias.

Outlined here are 9 recommendations to countries to be addressed by policy makers and individuals to reduce the cases of dementia:

- Aim to maintain systolic blood pressure of 130 mm Hg or less in midlife.
- **Encourage use of hearing aids for hearing loss and reduce hearing loss by protecting ears from high noise levels.**
- Reduce exposure to air pollution and second-hand tobacco smoke.
- Prevent head injury.
- Prevent alcohol misuse.
- Stop smoking uptake and stop smoking.
- Provide all children with primary and secondary education.
- Lead an active life into mid, and possibly later life.
- Reduce obesity and diabetes.

Audiologists are in an incredible position as hearing healthcare providers for the populations that are most at risk for these factors.

### 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 CCP Member of Audiology Australia & Independent Audiologists Australia; and a qualified Government & Medicare Hearing Services Provider.*