



**Accent Hearing**  
EXCELLENCE IN LISTENING



# The Listener

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## Autumn Edition - 2021

Grafton - Glen Innes - Inverell

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

Welcome to the Autumn 2021 edition of Accent Hearing's Newsletter *The Listener*. Here we explore helpful hearing tips and news on all hearing matters.

### Hearing Loss Linked to Increased Risk of Dementia

A six-year study of older Australians has uncovered an Australian-first association between the impact of hearing loss on cognitive abilities and increased risk for dementia.

In Australia, hearing loss affects 74% of people aged over 70. International studies estimate that people with severe hearing loss are five times more likely to develop dementia.



Addressing mid-life hearing loss could prevent up to 9% of new cases of dementia – the highest of any potentially modifiable risk factor identified by a commissioned report published in *The Lancet* in 2017.

A research collaboration between the Centre for Healthy Brain Ageing (CHEBA), UNSW Sydney and Macquarie University's Centre for Ageing, Cognition and Wellbeing has confirmed significant associations between self-reported hearing loss and cognition, as well as increased risk for mild cognitive impairment or dementia. The research, published in *Ageing, Neuropsychology and Cognition*, used data from 1037 Australian men and women aged 70-90 years enrolled in the Sydney Memory & Ageing Study from 2005-2017.

Individuals who reported moderate-to-severe hearing difficulties had poorer cognitive performances overall, particularly in the domains of Attention/Processing Speed and Visuospatial Ability. They also had a 1.5 times greater risk for MCI (Mild Cognitive Impairment) or dementia at the 6 years' follow up. While hearing loss was independently associated with a higher rate of MCI it did not show this in people with dementia.

This likely resulted from the number of people with dementia at six years' follow-up being too small to demonstrate a statistically significant effect. Lead author at Macquarie University's Department of Cognitive Science, Dr Paul Strutt, said "The presence of hearing loss is an important consideration for neuropsychological case formulation in older adults with cognitive impairment." Studies are now emerging that hearing aids may reduce this risk. Large, multi-centre trials examining the wide-ranging benefits of hearing interventions in older adult populations with hearing loss could determine the potential for risk reduction associated with this significant and modifiable risk factor for MCI and dementia in older age. The Sydney Memory and Ageing Study is an observational study of older Australians that commenced in 2005 and researches the effects of ageing on cognition over time.

### 'Wax Out Wednesdays' have commenced!

The first hearing clinic in the Clarence Valley to offer this service, **Micro-suction** is the preferred method to guarantee safe and effective removal of ear wax as well as other foreign bodies that may obstruct the ear canal. If you have wax build up and need to have it removed, why not book in for a consultation.



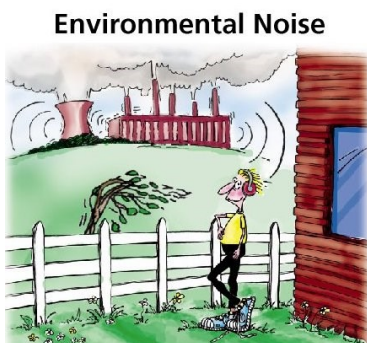
Please note that an initial, investigative consultation may be required prior to performing the procedure. You will be asked a series of questions and sign a disclaimer in relation to your ear health before any procedure takes place.

**\*Please use a wax softener before your appointment, available at our clinic or your local chemist.**



## Common environmental noise levels How loud is too loud?

Continued exposure to noise above 85 dBA (adjusted decibels) over time will cause hearing loss. The volume (dBA) and the length of exposure to the sound will tell you how harmful the noise is. In general, the louder the noise, the less time required before hearing loss will occur.



According to the National Institute for Occupational Safety and Health, the maximum exposure time at 85 dBA is eight hours. At 110 dBA, the maximum exposure time is one minute and 29 seconds. If you must be exposed to noise, it is recommended that you limit the exposure time and/or wear hearing protection. A three dBA increase doubles the amount of noise, and halves the recommended amount of exposure time.

The following decibel levels of common noise sources are typical, but will vary. Noise levels above 140dBA can cause damage to hearing after just one exposure.

### Points of Reference measured in dBA or decibels

- 0 dBA - The softest sound a person can hear
- 10 dBA - normal breathing
- 20 dBA - whispering at 5 feet
- 30 dBA - soft whisper
- 50 dBA - rainfall
- 50 – 60 dBA - electric toothbrush
- 50 – 75 dBA - washing machine
- 60 – dBA - normal conversation
- 50 – 75 dBA - air conditioner
- 50 – 80 dBA - electric shaver
- 55 dBA - coffee percolator
- 55 – 70 dBA - dishwasher
- 60 dBA - sewing machine
- 60 – 85 dBA - vacuum cleaner
- 60 – 95 dBA - hair dryer
- 70 – 80 dBA - coffee grinder
- 70 – 95 dBA - garbage disposal
- 75 – 85 dBA - flush toilet
- 80 dBA - ringing telephone
- 80 dBA - whistling kettle
- 80 – 90 dBA - blender food processor
- 80 – 95 dBA - garbage disposal
- 110 dBA - baby crying or shouting in ear
- 120 – 140 dBA - thunder, jet engine



## World Hearing Day 3 March 2021



### HEARING CARE FOR ALL

SCREEN • REHABILITATE • COMMUNICATE

**World Hearing Day** marks the launch of the World Report on Hearing, presenting a global call for action to address hearing loss and ear diseases across the life course. **Call in for a packet of free batteries for the month of March, celebrating the launch of the world hearing report!**

### Hearing Aids & Water Don't Mix

It is very important after wearing your hearing aids each day, to physically inspect the battery door compartment and the hearing aids in general for any moisture that may have entered the battery door compartment area. This may happen if you sweat profusely or have accidentally got your hearing aids wet stepping into the shower for instance!

If any moisture is present you will need to dry it with a tissue and remove the battery for it to dry completely. If this is not done regularly, constant moisture will start to corrode parts of the hearing aid, leaving brown marks in the battery compartment, leading to possible corrosion in the electronic parts of the hearing aid.



Deteriorated Hearing Aid Batteries

## Do you have ringing in the ears known as Tinnitus?

The Sound Oasis S-680/90 Tinnitus Sound Therapy System incorporates patented sleep enhancement technology to help users fall asleep more easily and naturally without medication. 24 Sounds are included and can use headphones or a speaker pillow for listening to sounds in private or for enhanced sound therapy (headphones or pillow speaker sole separately). The headphone jack accepts a 1/8 inch (3.5mm) mono or stereo plug. The unit can also be powered by 4 AA size batteries or by the included AC adapter. It also works as an alarm clock.



Sleep Centre research has proven that a gradual slowing of sounds helps promote better sleep and relaxation, so they've taken this research and incorporated this exciting technique into Sound Oasis. When activated, the playback speed of your unit's SOUNDS will gradually slow down to gently lull you to sleep. Once the playback speed reaches its slowest point (close to one half of normal speed), the playback speed will remain at this level until the unit automatically turns itself off with the 30, 60, or 90-minute timer or until you manually turn the unit off.



The noise generated by sound machines such as this can partially or fully mask a person's perception of tinnitus, providing relaxation and temporary respite from the condition. The sounds may also work to calm babies to sleep.

Although there isn't a cure for **tinnitus**, we can manage it. **Tinnitus** therapy is widely recognized as an effective method of reducing or eliminating **tinnitus** symptoms. **Tinnitus** therapy is a generic term for various strategies that use sound to alleviate the condition's symptoms.

Please enquire through Accent Hearing Reception for more information.

**\*Please note:** *this type of Tinnitus therapy may not work for everyone and if your tinnitus comes on suddenly or is quite severe, a full hearing assessment and further medical help and investigation may be required.*



## Degrees of Hearing Loss

### A Mild Hearing Loss (21-40 dB)

- May be slight misunderstandings of the speech of certain individuals
- May miss 25-40% of speech signal
- Effect of noise is significant
- May need amplification
- May be slight misunderstandings of the speech of certain Individuals

### A Moderate Hearing Loss (41-55 dB)

- Understands conversational speech at a distance of 3-5 feet (face-to-face) only if structure and vocabulary are controlled
- Without amplification, will miss 50-75%
- Dysfunctional behaviours Lots of denial, bluff a lot
- Affects social, personal, family, and economic lives

### A Moderately-Severe Loss (56-70 dB)

- Without amplification, conversation must be very loud to be understood
- Could miss up to 100% of speech information
- Dysfunctional behaviours - Lots of denial / May blame others for mumbling
- May bluff a lot - May be frustrated understanding
- Affects social, personal, family, and economic lives

### A Severe Hearing Loss (71-90 dB)

- Without amplification, may hear loud voices about one foot from the ear
- Reliant on amplification
- With amplification, should be able to identify environmental sounds and detect all speech sounds
- Dysfunctional behaviours - Also may exhibit anger, aggression, resignation, and abandonment
- Feel like their predicament is of being deliberately ignored by others, disrespected, and being "invisible"

### A Profound Hearing Loss (>90 dB)

- Without amplification, may only be aware of vibrations as opposed to tonal patterns
- Reliant on amplification and visual cues
- With amplification, detection of speech sounds dependent on loss configuration
- Dysfunctional behaviours - Also may exhibit anger, aggression, resignation, and abandonment
- Feel like their predicament is of being deliberately ignored by others, disrespected, and being "invisible".

## The Oticon 'More' Has Arrived!

Oticon More miniRITE R is a discreet rechargeable style hearing aid that gives you access to all relevant sounds. Oticon More supports the brain in making sense of sound and it is easy to operate with a double push button for volume and program control. It features Bluetooth wireless technology for seamless connectivity with compatible devices. Oticon More miniRITE R rechargeable hearing aids are not compatible with disposable batteries. The charging dock is an additional accessory required for the hearing aids to function.



### Intelligent features

After scanning and analysing the sound scene 500 times per second to understand the complexity of the sound scene, the hearing aid can organise the sounds around you to create clear contrast and balance between sounds.

### Sounds from the real world

Oticon More is trained with sound scenes from the real world and is thereby able to balance the sound scene around you.

### Better speech understanding

Get more out of your conversations with friends and loved ones. Oticon More hearing aids help speech understanding in both noisy and quiet environments.

### Seamless connectivity

Enjoy a range of connectivity possibilities, like streaming music, talking on the phone and using the Oticon ON App to control the hearing aids. Bluetooth wireless technology makes it all possible.

### Rechargeable batteries

Get charged up for a full day of hearing, including streaming, in just 3 hours\*. \*Expected operating time for rechargeable battery depends on use pattern, active feature set, hearing loss, sound environment, battery age and use of wireless accessories.



### Convenient volume and program control

A double-push button makes it easy to control volume and adjust programs.

### Water and dust resistant

Oticon hearing aids are IP68-certified. This means these hearing aids are dust tight and protected against ingress of water, which means they are designed to be worn in all daily life situations.

## Testimonial Corner....

Meet Larry Trask, one of our long time clients who has moved to Queensland, however still likes to see us and drove over 5 hours to do so. This is a stalwart effort in keeping his audiological relationship



with us and our dedication to our clients who wish to keep their hearing as best as they can get it. Larry is with the Government Hearing Services Program and was recently refitted with the latest updated devices.



Australian Government

Department of Health

Australian Government  
Hearing Services Program

In the October 2020 budget, **changes were announced** to the Australian Government Hearing Services Program. As Accent Hearing is accredited to provide hearing health care services under the Hearing Services Program, these are some of the following changes which will take effect on 1 July 2021:

- Client Vouchers extended to five years (currently 3).
- Program clients who are not fitted with a device will be eligible for annual reviews.

## 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** | Inverell Hospital Allied Health 41 Swanbrook Road, Inverell 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.**