



*Accent Hearing*  
EXCELLENCE IN LISTENING



# The Listener

## Head Office

Dr Greg Butcher AuD  
L5 'The Link'  
50 Prince Street  
(PO Box 1500)  
GRAFTON NSW 2460  
Tel: (02) 6643 4044  
1300 859 828

Email: [admin@accenthearing.com.au](mailto:admin@accenthearing.com.au)



## Spring Edition - 2021

Grafton - Glen Innes - Inverell

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

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

### Can you hear a watch ticking?



Chances are, if you hold a ticking watch up to your ear in a quiet room and can't 'hear it ticking', you may have a slight high frequency hearing loss. Another way to test if you have age related or hearing loss from excessive noise, is to hold your arm out to the side,

rub your fingers together and listening for this sound.

If this is suggesting to you that your hearing may need to be tested further, Accent Hearing has a fully qualified Audiologist with a sound treated room and sound booth. Should you have hearing loss or something is not quite right with your results, we can refer you to an Ear Nose & Throat Specialist for further diagnosis. If you adhere to these procedures early, detection will contribute to getting advice or hearing rehabilitation sooner, to keep you hearing better in your senior years.



### Ear & Eye Protection Available at Accent Hearing



Safety wear with  
**ATTITUDE**



*All in one 'noise and eye' safety goggles with two price options and many colours.*

### Are Your Ears Full of Wax?

**Micro-suction** is available at Accent Hearing and 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.

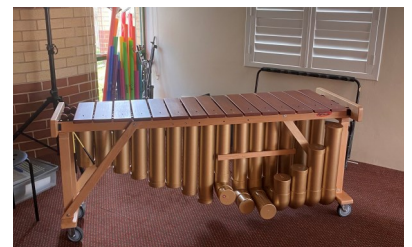


Please note that an initial, investigative consultation may be required prior to performing the procedure. You will be asked a series of questions and sign a disclaimer in relation to your ear health before any procedure takes place. **\*We welcome any questions or enquiries.**

### Richard Gill School of Music Donation

Having been professional musicians in a former life, Accent Hearing's Audiologist and Office Manager have donated a Contrabass Marimba to the newly established Richard Gill School in Muswellbrook NSW. The school commenced this year as a designated music school which is a comprehensive, secular, independent primary school with a musical focus, tailored around the educational philosophy of Richard Gill.

Our Audiologist Greg has previously worked with Richard Gill AO who recently died in October 2018, who was an Australian conductor of choral, orchestral and operatic works. He was most known as a music educator and for his advocacy for music education of children.



## Are you a Government Pensioner?



# Australian Government Department of Health

Accent Hearing Clinics are Accredited to provide hearing care health services to Australian Government Pensioners (conditions apply) through the Hearing Services Program (HSP) and has a Medicare Accredited Clinician. Accent Hearing is very well-known as a GP or ENT (Ear Nose & Throat) trusted and preferred practice for carrying out full diagnostic hearing assessments and successful hearing rehabilitation programs. This stems from Accent Hearing's history of constant integrity, quality assurance of assessments and effective rehabilitation programs over the last nearly 10 years of practice.

You do not have to wait for your GP to refer you to have your hearing assessed. We have seen time and time again where people's quality of life has improved by having their hearing assessed and appropriate measures to help. Research shows GP's can miss attending to their patients hearing health by around 30%, due to dealing with more life pressing issues on a daily basis. However, you can help yourself with a better 'quality of life' through having your hearing assessed if you are having trouble hearing on a daily basis.

**You do not require a referral to see an Audiologist or to access the Government Hearing Services Program.**

Unfortunately, the hearing industry is not regulated and anyone can call themselves an Audiologist without any training. Look for the following accreditation logos if you are not sure to find an **Accredited Audiologist**.



### **Hearing Loss and Cognition: Something to think about**

According to *Irace, Chern & Golub from ENT & Audiology News March 2021*— it is suggested that if age related hearing loss (ARHL) is treated, it can improve social connectedness, productivity and autonomy as well as mental health. A growing body of evidence linking hearing loss to the development of dementia has substantially increased interest in promoting adoption of hearing aids.



## What is the difference between hearing and listening?

**Hearing:** Acoustic access, the doorway to the brain. The actual function of a sound wave travelling through your ear canal, into your middle ear, and automatically activating the organ of hearing.

**Listening:** Attending to acoustic events with intentionality. When we listen we are using the prefrontal cortex—this area of your brain is not activated voluntarily.

**Hearing** must be made available before **listening** can be taught! **The ear collects, the brain connects.**

## Have you lost a hearing aid recently?

Most of us know that familiar sinking feeling when we've lost something valuable or important like our wallet, phone, car keys or wedding ring. Losing a hearing aid can be just the same and can cost you thousands of dollars in areplacement, if you have paid for them outright as a private client.



However, most professionally fit hearing aids these days are known to have a "Find my Hearing Aid" feature built into the hearing device which uses a GPS tracker system. This means if you've lost your hearing aid and haven't realised for several hours later, having travelled several kilometers, an associated smartphone app on your mobile phone can pin point the exact place you lost it, providing you realise it's been lost before the battery goes flat in the hearing aid. Unfortunately, after the battery has depleted, the hearing aid will not produce a signal and will not be picked up by your mobile phone. GPS tracker system. Your smartphone app can also be used as a remote control turning your hearing devices up or down or change directions of the microphones for use in background noise, or to streamline phone calls directly through the hearing devices. This can have an enormous effect of how well you can hear on the mobile in noisy places, having a clearer conversation directed straight into your devices, eliminating unwanted signals and competing background noise.

# Hearing loss cannot be hidden!



Hearing loss usually develops almost unnoticeably. People's ability to hear gradually worsens until many familiar sounds are lost and many situations simply become too difficult.

More often than not, years of effortless conversation and clear sounds are lost, either because we put off getting the help we need, or because we simply do not acknowledge our hearing loss. So our world gradually becomes quieter as all the softer sounds of life fade.

Without realizing it, we use more and more energy just to listen. But despite the extra effort, misunderstandings become more frequent, with all the embarrassment that can accompany them. **No matter how hard we try, hearing loss cannot be hidden.** When listening is difficult, we can become distant and even withdrawn. It is clearer to others that communication has become a problem.

So it's worth listening to your family and friends when they make comments about your hearing difficulties. They all mean well. After all, it is not only yourself that is burdened by your hearing loss, but also those around you. In other words, if a you or a family member has hearing loss, the whole family has a problem. There's no need to compromise the years ahead of you. Enjoy a chat, laugh at a joke, hear the music and songs and participate in meetings. Good hearing brings quality of life!

**You may recognize some of these signs of hearing loss. Check through the list and decide whether any of them apply to you.**

1. Do you have difficulties following a normal conversation at large gatherings?
2. Do you often ask to have sentences repeated?
3. Is it difficult to have a conversation in a car and even more difficult if the radio is on?
4. Is it difficult to hear doorbells, mobile phones and kitchen timers?
5. Is it difficult to understand speech and sounds from a distance?

6. Is it difficult to hear in noisy surroundings?
7. Do you feel that young people mumble?
8. Is it difficult to hear telephone conversations?
9. Can you hear birds chirping?
10. Do you raise the volume on the television or radio?



11. Do you have less desire to attend meetings because it can be difficult to hear all that is going on?
12. Have you begun to turn your head to help catch sounds?
13. Is it difficult to hear children's voices?
14. Do others think that you hear poorly?
15. Has someone told you, you speak loudly over others so you don't have to listen to other people?
16. Have you stayed at home and not gone out because you know you won't be able to hear at the party?
17. Do you make excuses for not attending group situations in which you think you will not hear too well in?

These are just some examples of things that can indicate a hearing loss, although the symptoms can differ from person to person.

It is very important to be honest with yourself if you think you may have a hearing loss; and then confirm it by having your hearing properly assessed by a qualified hearing professional.



## Are your ears heathy?

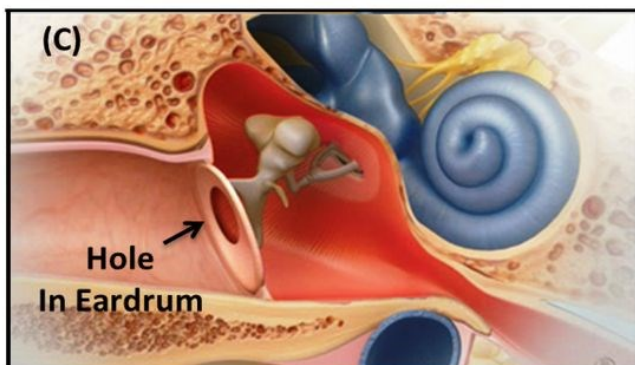
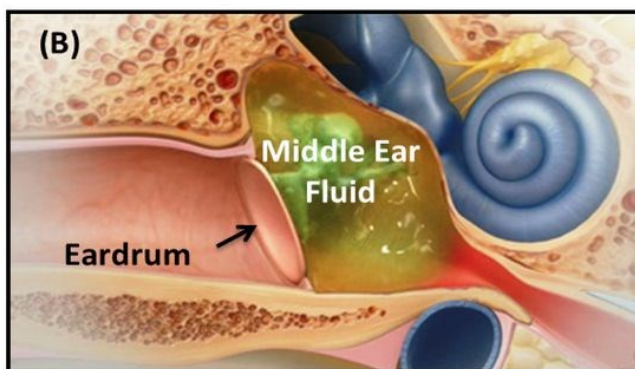
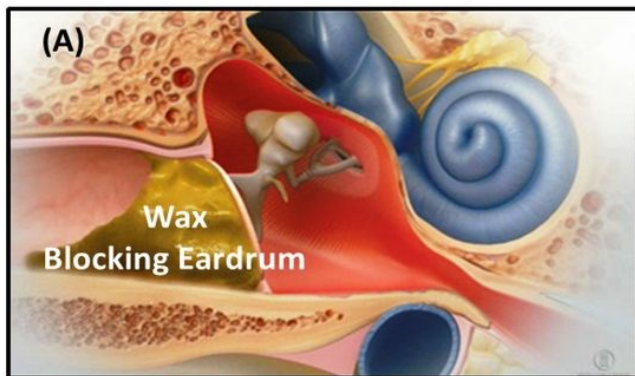
Ear health is very important to your daily routine in hearing what's going on in the world. If you have wax build up, fluid behind your ear or even a hole in your ear drum (from a previous incident), you may experience tinnitus, dizziness or just a general feeling of a blockage.

Any wax (cerumen) in the ear canal can usually be removed safely by micro-suction - a specially devised suction device designed for the removal of any wax or foreign objects from the ear canal. Please ask Accent Hearing staff if you feel wax is the problem, as we have this service available!

### **Please do not use ear candles!**

There is no scientific evidence that says ear candles work. No matter what you've read on the internet or heard from a friend over the back fence, ear candles are dangerous! The wax that you see at the end after lighting the ear candle comes from the ear candle itself, not from your ear canal! Egyptians didn't get all things right!

## CONDUCTIVE HEARING LOSS



## Testimonial Corner.....

*I just recently went into Accent Hearing and I am now hearing everything. The new aids are just great as I am able to have them in for 8 to 10 hours a day. Previously, I should have been wearing my hearing aids for the last 10 years, but they were so uncomfortable and irritating it was easier to leave them in the box and not in my ears. I was also taking many pain relievers for headaches. My aids choice are Oticon More with a charging station and I do not have to change the little battery any more. To Accent Hearing Staff, thank you for your expertise.*

Regards Jean

## Seven Strategies to Reduce Tinnitus

- ☑ *The use of Sound Therapy, playing very soft music through headphones*
- ☑ *The wearing of Hearing Aids all the time*
- ☑ *Having better sleep habits and reducing salty foods or extreme exercise before bedtime*
- ☑ *Using mindfulness and positive thoughts through Cognitive Behavioral Therapy (CBT)*
- ☑ *Having regular meditation exercises in place*
- ☑ *Eating a balanced diet & exercising regularly*
- ☑ *Contacting a few Tinnitus Support Groups via the internet*



Australian Government  
Department of Health  
Accredited Hearing Clinic



## 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 Community Health, 41 Swanbrook Road, 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.*