



Accent Hearing  
EXCELLENCE IN LISTENING



# The Listener

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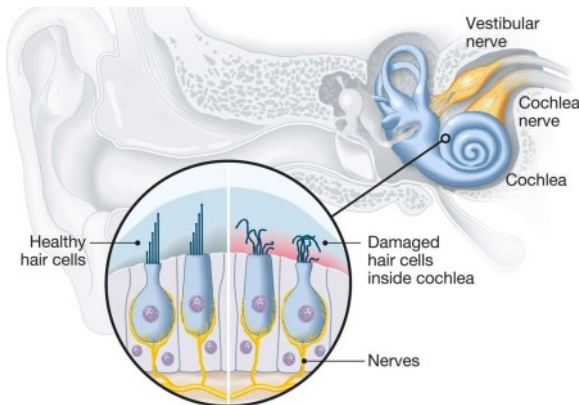
## Spring Edition - 2022

Grafton - Glen Innes - Inverell

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

Welcome to the Spring 2022 edition of Accent Hearing's Newsletter *The Listener*. Here we explore helpful hearing tips and news on all hearing matters.

### What do healthy hair cells in the cochlea look like?



Below shows a picture of what the hair cells (cilia) in each cochlea look like under a microscope. Once these hair cells have been obliterated by excessive noise, they do not grow back! Please use hearing protection i.e. ear muffs or ear plugs, when using petrol/diesel engines, such as a lawn mower, whipper snipper, leaf blower, chainsaw etc, as hearing protection will **save your ears for your senior years**.



### Have You Worked In Excessive Noise Over Your Lifetime?

If you have, chances are you may have hearing loss if you haven't always worn hearing protection. Over the years you have been working in a noisy environment, your ears would have taken a beating and damaged the tiny hair cells (cilia) in the cochlea. Once this happens, you start to lose the higher end frequencies of the beginning and ending of words in normal conversation. Then you may feel as though people are mumbling, with the TV volume now needing to be much louder and you are having a lot of trouble in background noise. These are some of the signs of hearing loss.

If you feel this could be yourself or someone you know, it is probably time to have your hearing assessed. Don't wait another 10 years to do something about it, as it will be much easier for you to adapt into a hearing rehabilitation plan sooner than later.



# What is NORMAL?

## Do you actually know what normal hearing is?

Hearing loss ranks among the most prevalent and undertreated disabilities worldwide. Recent studies to characterise awareness, perceptions and literacy surrounding hearing loss and hearing rehabilitation among the adult population in the United States have revealed the following: In one survey, respondents included 1,250 adults between the ages of 50 and 80 years, including 500 who indicated at least moderate hearing loss and were using hearing aids and 750 who denied having hearing loss and were not using hearing aids. Only 9% of patients were able to correctly identify what constitutes a "normal" or "average" range for hearing.

The studies also comprised of 205 primary care physicians and 201 nurse practitioners. When compared with 10 other common health conditions, only 1% of primary care physicians ranked hearing loss as a "most important" health condition to manage.

So despite widespread knowledge of what constitutes things like normal vision, blood pressure, and total cholesterol levels, respondents exhibit substantially poorer understanding of "normal" hearing levels. Most adults believe that few treatment options exist for the management of hearing loss. Underlying the uniformly limited literacy surrounding hearing loss and its treatment options is the adult population's lack of appreciation for the long-term health sequelae of untreated hearing loss.

Carlson ML, Nassiri AM, Marinelli JP, Lohse CM, Sydlowski SA; Hearing Health Collaborative. Awareness, Perceptions, and Literacy Surrounding Hearing Loss and Hearing Rehabilitation Among the Adult Population in the United States. *Otol Neurotol.* 2022;43(3):e323-e330. doi:10.1097/MAO.0000000000003473

**Studies indicate that as soon as you realise your hearing is not 100%, it is better to address the situation as soon as possible to keep you social life enjoyable in later life as "Nothing ages a person more than continually asking people to repeat themselves, or answering questions inappropriately, being disconnected from the world around you".**



## Wax Removal Services!

**Micro-suction** is the preferred method to guarantee safe and effective removal of ear wax (cerumen) as well as other foreign bodies (hearing aids domes, cotton bud ends etc.) that may obstruct the ear canal.

Consultations are with Dr Greg Butcher, the only professional Doctor of Audiology on the North Coast & New England areas.

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 'spray' wax softener effectively before your appointment, available at our clinic or your local chemist. We have instructions to give you for 'effective use' to avoid extra appointments.

Please do not use cotton buds to clean your ears! By poking the buds down your ear canals, thinking you are removing the wax, this can actually push the wax further down the ear canal making it harder to extract. Sometimes this can give you a ringing or buzzing sound in your ear, 'tinnitus', because you've poked it down that far it is actually touching the ear drum.



**Read Our Lips Australia**

Read Our Lips Australia is a self-paced e-learning platform that is dedicated to supporting those with hearing loss and their families, by improving their quality of life through increased communication skills.

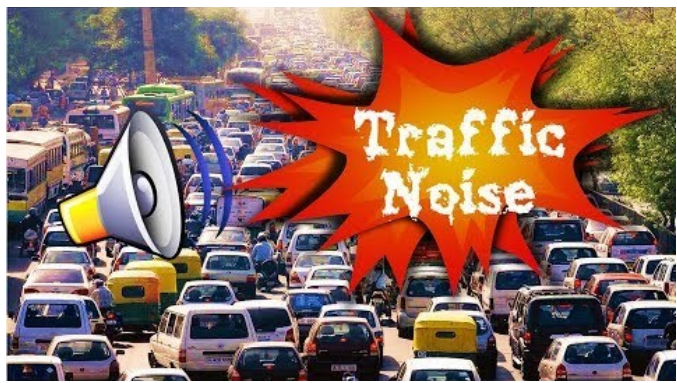
[www.readourlips.com.au](http://www.readourlips.com.au)

READ OUR LIPS AUSTRALIA SELF-PACED E-LEARNING SEE SPEECH. FEEL CONNECTED.

# Children who attend schools with more traffic noise show slower cognitive development

Researchers at the Barcelona Institute for Global Health focused on two abilities that develop rapidly during preadolescence and are essential for learning: **attention and working memory**.

**Attention** includes processes such as selectively attending to specific stimuli or focusing on a specific task for a prolonged period of time. **Working memory** is the system that allows us to hold information in the mind and manipulate it over a short period of time. When we need to continuously process information stored in the working memory, we use what is known as complex working memory.



On completion of the yearlong study period, the findings showed that the progression of working memory, complex working memory and attention was slower in students attending schools with higher levels of traffic noise. By way of example, a 5 dB increase in outdoor noise levels resulted in working memory development that was 11.4% slower than average and complex working memory development that was 23.5% slower than average.

The scientists said many schools suffered noise pollution and that measures such as rerouting traffic away from schools could help reduce noise and air pollution. They also found higher noise levels at school were more damaging than at home. "This could be because it affects vulnerable windows of concentration and learning processes," she said.

The study adds to the body of evidence on the effects of transport on children's cognitive development, which to date have been observed at schools exposed to aircraft noise as well as at schools exposed to traffic-related air pollution. The researchers underscored the need for further studies on road traffic noise to determine whether these initial findings can be extrapolated to other cities and settings.

Barcelona Institute for Global Health (ISGlobal). "Children who attend schools with more traffic noise show slower cognitive development." ScienceDaily. ScienceDaily, 2 June 2022. <[www.sciencedaily.com/releases/2022/06/220602140809.htm](http://www.sciencedaily.com/releases/2022/06/220602140809.htm)>

There are 3.6 million Australians living with hearing loss and, with an ageing population, this figure is predicted to increase to almost 9 million by 2050.

Read Our Lips Australia is an online learning program designed to improve lipreading ability so users can have more confidence to communicate in different settings, removing their isolation and vulnerability to mental health concerns.

Read Our Lips Australia was created by experienced lipreading instructors and guides users through online modules at their own pace to identify key mouth movements. Identifying and understanding lip movements is a skill that can be improved with regular practice, time and patience.

**For more information visit [www.readourlips.com.au](http://www.readourlips.com.au)**

## Did You Know That Your Hearing Affects Your Balance?

The ability to CLEARLY HEAR their footsteps was critical for astronauts headed for Mars, just as it is for all of us as we walk here on Earth. Humans aren't generally aware of just how much sensory information like sounds impact our ability to navigate our environment. But it's a fact. Interestingly, studies have shown clearly hearing our footsteps enhances our ability to maintain balance. A footstep on Mars is 85 times quieter than a footstep in Earth's denser atmosphere. Spacesuits muffle sounds which offer the astronaut a sense of the surface on which he or she is walking, whether it's soft or crusty, for instance. Absent of that ability, astronauts can stumble or fall. The Apollo moon missions recorded 27 falls and 21 near falls, which were partly attributed to difficulty reading the terrain. This is why boots for astronauts headed for Mars were outfitted with sensitive microphones.

## Are you a Government Pensioner?



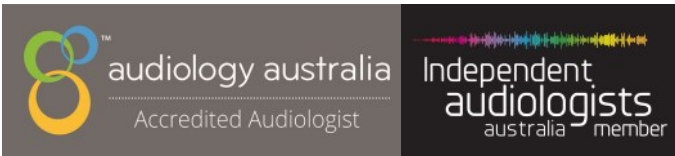
**Australian Government**  
**Department of Health**

If you are on the Hearing Services Program (pensioner), from 1 July 2021 you are able to get a yearly appointment to check your hearing, even if you don't have hearing devices. Previously you were only eligible for a new test every 3 years. Clients will be entitled to an annual review from 12 months after their initial assessment or previous review. If you think your hearing has changed and it's been 12 months or more since you last had a hearing assessment, why not phone us to make an appointment.



## Hearing Services Program

Accent Hearing is very well-known as an independent trusted and reliable referral for GP or ENT (Ear Nose & Throat Specialist). It is the 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 in assessments and effective rehabilitation programs over the last 10 years of practice.



## Bluetooth Hearing Aid Connectivity

Please don't forget if you have recently had an iOS update to your mobile phone, you may have to delete your Mobile App and reinstall it, and then reconnect your devices up again to the mobile. This is a long term Apple iOS issue.



### Queen Street Clinic Update.....

Our new Clinic is still in the process of many renovations for it to become a commercialized and much safer building.

No moving date is set yet. Thank you to our valued clients who have asked about our move to Queen Street and to some who have visited there to find out more. We will keep you posted.

## Concert Sponsored by Accent Hearing

Accent Productions Presents

*An Afternoon at The Proms*

*Clarence Valley Orchestra & Chorus*

Featuring International Pianist **Simon Tedeschi**

Compere/Comedian - **Mandy Nolan**

**Rhapsody in Blue** Conductor - **Greg Butcher**

Sunday 30th October 2022  
2:00pm

**Saraton Theatre Grafton**  
Bookings: 6642 1633 or [www.saraton.com](http://www.saraton.com)

**CVO Proms**

\$59.00 - Adults  
\$54.00 - Concession/Student  
\$20.00 - Child (12yo & under)

Excited to be back after 3 years of Covid restrictions, the Clarence Valley Orchestra & Chorus return to the Saraton Theatre. The proceeds from these concerts go to charity and help young CVO Year 12 musicians who are awarded CVO scholarships to enter a university or tertiary education music degree program.

## Accent Hearing Clinics - 1300 859 828

- **GRAFTON** | L5 'The Link' 50 Prince Street, Grafton Shopping World, Grafton NSW.
- **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.*