



*Accent Hearing*  
EXCELLENCE IN LISTENING



# The Listener



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## Summer Edition - 2023/24

Grafton - Glen Innes - Inverell

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

Welcome to the Summer 2023/24 edition of Accent Hearing's Newsletter *The Listener*.

### Accent Hearing is Moving To 23 Queen St, Grafton!



The long wait is over! We are very pleased to announce that we will be moving from Grafton Shoppingworld and opening our new clinic at 23 Queen St Grafton on Monday 15<sup>th</sup> January 2024 at 9:00am. Numerous Council restrictions and requirements to update the building to commercial premises have now been completed so we can now make the move into our new building. This first week will be open week, so feel free to drop in and check out our new clinic!

**Please see pictures inside of the new renovations.**

**Did you know...** The inner ear is fully formed in humans by the 16<sup>th</sup> week of embryonic gestation. It is the only sensory organ to reach adult size by fetal midterm. Fetal responses to external low-frequency sounds occur as early as the 19<sup>th</sup> week of gestation at very loud levels. Fetal responses to low-and high-frequency sounds increase throughout gestation at lower volume levels. The amount of attenuation to external sounds by amniotic fluid and organs depends on the frequencies of the sound. Lower-frequency sound is not attenuated as much as higher-frequency sound. The extent of fetal exposure to noise is highly dependent on the amount of time exposed and the sound frequencies to which the mother and fetus are exposed.

### Hearing Aids To The Rescue!



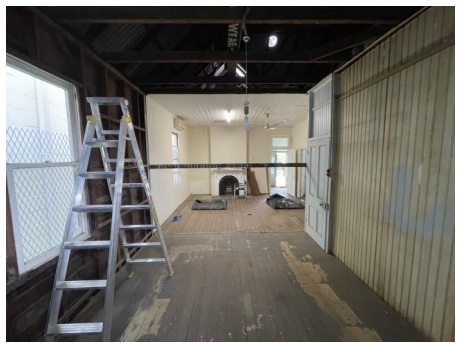
Please meet Leona, Mandy, Yvonne and Glenda, better known as the 'The Merry Widow's Club' from the Lower River, or now known after 3 of them have been fitted with hearing devices recently, calling themselves the 'Hearing Aid Brigade'.

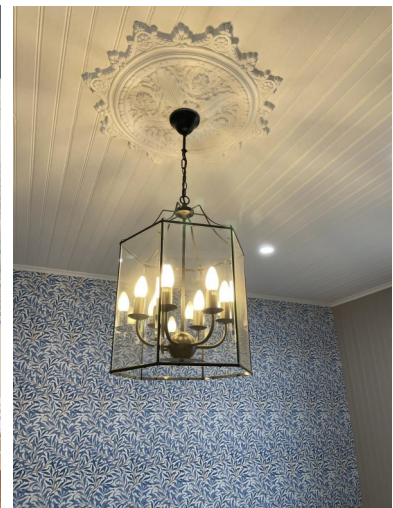
The group meets on a regular basis each week and now support each other in usage of wearing and all management of the hearing devices. Support is most important for the new hearing aid wearer and to have as much as possible from friends and immediate family who live with someone with hearing loss. It's been researched many times over that this support helps immensely with any hearing rehabilitation journey, making it much easier to cope and manage in using the devices daily for most benefit. Those who seem to not have as much support, do not wear them regularly as they should do and still suffer with the same problems of not hearing well, with the rest of the family or friends still having to repeat themselves. This can become so frustrating for people living with someone with hearing loss and sometimes gets to a point where family members or friends stop talking to them, as they know they'll have to repeat the message several times and can't be bothered. Again, if hearing loss is untreated, the person stops socializing and then starts to stay at home more often, leading to **social isolation**—something you want to stay away from into your later years.



**Don't forget to pick up batteries for over the Christmas Season!**

# The transformation of a 110 Year Old House into a Hearing Clinic!





## Hearing Loss Linked to Three-Fold Risk of Falling.....

Did you know that a mild 25dB hearing loss nearly triples the odds of having a fall?

That rate increases by about 95% for every 10dB increase in hearing loss. Every additional 10 dB (decibels) of hearing loss increased the chances



of falling by 1.4 fold. This finding still held true, even when researchers accounted for other factors linked with falling, including age, sex, race, cardiovascular disease and vestibular function. Even excluding participants with moderate to severe hearing loss from the analysis didn't change the results.

<https://www.hopkinsmedicine.org/otolaryngology/>



## Why do people delay addressing their hearing loss?

Despite the difficulties this causes, many people take a long time before they actually decide to address their hearing loss. There are a number of reasons for this. Firstly, there's denial, then there are problems with objective self-assessment due to the gradual nature of hearing loss. And finally, there is pride. Ironically, people choose not to address their hearing loss for the fear of being "perceived" as old. Yet their symptoms can be substantially improved with a sophisticated hearing solution, making them feel much younger and more confident!

Accent Hearing has clients come back after 5 or more years since being first assessed, to which they are now really struggling to communicate, who then have a greater hearing loss. After being fitted with hearing devices, they often wonder why they waited so long to do anything about it. Most hearing aids now connect to your mobile smart phone via Bluetooth, streaming the conversation directly to the devices.



**Keep using cotton buds and you may not hear music at all!**

Did you know by trying to clean out wax from your ears using cotton buds, you can actually pushing the wax

down the canal further! You are also removing the 'good bacteria' and leaving the 'bad bacteria' so you start again with the cotton buds relieving the itch!

Sometimes wax is pushed down that far that it touches the ear drum and you'll start to hear 'ringing' in your ears called 'Tinnitus'. Do not use 'ear candles either', although distributed through chemists and the internet, there is no scientific research suggesting they work. Don't be fooled - the wax you see on the end of the ear candle after lighting the other end is definitely not ear wax; it is from the candle itself! You may also piece the ear drum with hot ashes falling down the ear canal!



### Please note:

All clinics will be closed from 4:00pm Friday 22 December and will re-open at the new clinic at 23 Queen St on Monday 15 January 2024.

#### **New Business Hours for 2024:**

**9:00am to 4:00pm Monday - Thursday**  
**9:00am to 3:00pm Friday**

Please call in or ring for batteries now if you require them over the holidays.

All Staff at Accent Hearing wish you a Merry Christmas and a Happy New Year over the Festive Season.

### **Accent Hearing Clinics - 1300 859 828**

- **GRAFTON** | L5 'The Link' 50 Prince Street, Grafton Shopping World, Grafton NSW (**until Friday December 22, 2023**)
- **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 a University trained Doctor of Audiology; a fully Accredited Member of Audiology Australia; Vice President of Independent Audiologists Australia; and a qualified Medicare Hearing Services Provider.**