



Accent Hearing
EXCELLENCE IN LISTENING

The Listener



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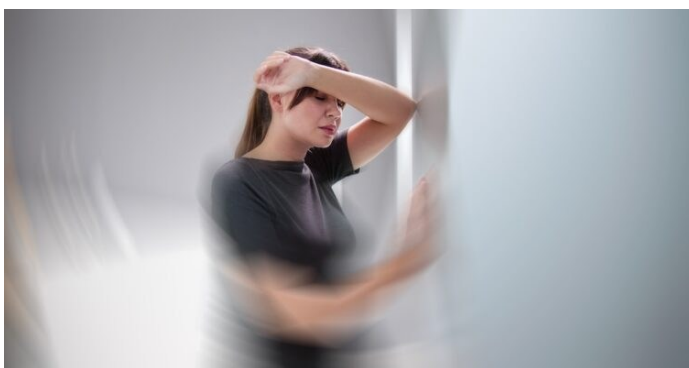


Grafton - Glen Innes

www.accenthearing.com.au

Welcome to the Spring 2026 edition of *The Listener*.
Exploring helpful hearing tips on all hearing issues.

Benign Paroxysmal Positional Vertigo (BPPV)



This is the most common cause of vertigo. It produces brief, sudden and intense spells of a spinning sensation triggered by specific head movements or position changes.

What Causes It?

BPPV occurs when tiny calcium carbonate crystals (called **otoconia**) become dislodged from their normal pouch in the inner ear. They float into the wrong part of the ear (the semicircular canals) and settle on the sensors there. When you move your head (like rolling over in bed or looking up) these crystals shift. As they settle, they send powerful, false signals to your brain that you are violently spinning.

Symptoms:

- **Short Spells:** Intense vertigo lasting seconds to minutes, triggered by position changes.
- **Disorientation:** Nausea, feeling off-balance or severe disorientation in space.
- **Lingering Instability:** A lasting sense of unsteadiness or mild dizziness even after the acute spinning episode passes.

(Note: BPPV does not cause hearing loss, constant severe dizziness unrelated to movement or fainting.)

Diagnosis

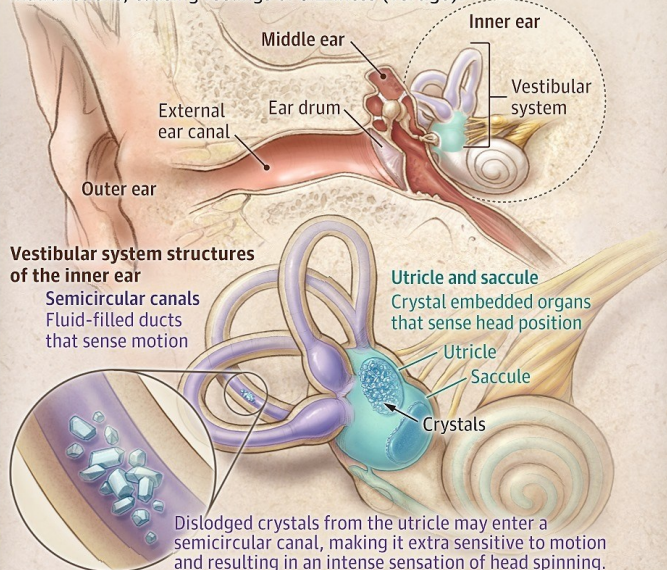
BPPV cannot be seen on medical scans. It is diagnosed via simple bedside exams (like the Dix-Hallpike test) where a provider moves your head and watches for specific eye movements that confirm the crystals are shifting.

Treatment:

It is highly treatable. Providers use quick bedside repositioning manoeuvres to guide the crystals back to their proper location. These manoeuvres take only a few minutes and resolve the issue in roughly 80% of cases within 1 to 3 treatments.

While **BPPV** can sometimes go away on its own within a few weeks or return later in life, seeking professional repositioning treatment is recommended to prevent falls and rapidly clear the symptoms.

Benign paroxysmal positional vertigo (BPPV) is the most common form of vertigo and occurs when the vestibular system of the inner ear malfunctions, causing feelings of dizziness (vertigo).



BPPV may resolve on its own or through treatment by a sequence of head movements (Epley maneuver) that relocates crystals back to the utricle.

Other causes of vertigo include vestibular migraine, Meniere disease, vestibular neuritis, stroke, and labyrinthitis. There are effective treatments for most causes.

Ways to help your doctor diagnose vertigo

Note how long each episode of vertigo lasts	Record video of eye movement during episodes	Keep a list of other symptoms you experience
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10 maintenance and care tips for hearing:

1. Safeguard Your Ears from Loud Noise: Prolonged exposure to loud noises can harm your ears' delicate structures, which can result in hearing loss. To protect your hearing wear ear protection such as earmuffs or earplugs when in loud places like concerts, sporting events or building sites.

2. Reduce Exposure to Loud Music: Loud music consumption, particularly when using headphones or earbuds, can harm hearing. To give your ears a break keep the volume down and take frequent breaks. To reduce outside noise without turning up the volume think about using noise-cancelling headphones.

3. Make time for regular hearing check-ups. An experienced audiologist's evaluation of your hearing can help identify any changes in your ability to hear early on. Make an appointment for a hearing test as soon as possible each year particularly if you're older than fifty or if hearing issues run in your family.

4. Maintain Proper Ear Hygiene: Wash your ears gently with mild soap and water to keep them clean. You run the risk of pushing wax deeper into your ear canal and possibly injuring your eardrum if you stick cotton swabs or Q-tips inside of it. For safe removal seek medical advice if you have discomfort or an excessive buildup of earwax.

5. Maintain a Healthy Lifestyle: The state of your general health can affect the health of your hearing. Consume a well-balanced diet high in vitamins and minerals, get regular exercise and control your stress levels to support general health, which includes good hearing.

6. Stop Smoking: Smoking damages the delicate ear structures and restricts blood flow to the ears, both of which can lead to hearing loss. If you smoke you should think about giving it up to improve your general health and lower your risk of hearing issues.

7. Remain Hydrated: Ear health depends on staying properly hydrated.

To guarantee that the ears receive enough blood flow and to avoid dehydration, which can impair hearing, drink lots of water throughout the day.

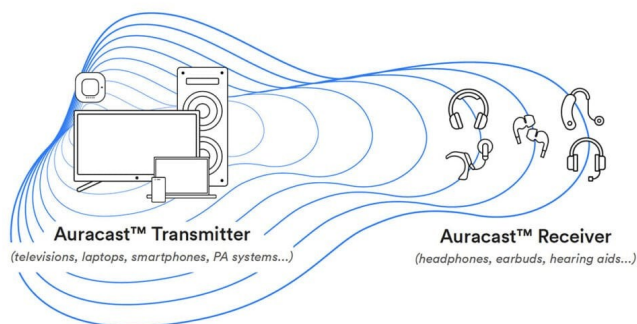
8. Manage Chronic Conditions: Diabetes and hypertension are two illnesses that can make hearing loss more likely. To help maintain your hearing adhere to your healthcare provider's advice on how to effectively manage these conditions.

9. Use Caution with Medications: Certain drugs, referred to as ototoxic drugs, have the potential to harm the inner ear resulting in tinnitus (ear ringing) or hearing loss. If your doctor has prescribed medication find out about any possible side effects on hearing and if there are any better options.

10. Seek Treatment for Hearing Loss: Do not put off getting assistance from an accredited audiologist if you notice any symptoms of hearing loss, such as trouble following conversations or ringing in the ears. Your quality of life can be enhanced and hearing loss effectively managed with early intervention.

You can take proactive measures to safeguard your hearing health and avert potential issues down the road by making these hearing care tips a priority and implementing them into your daily routine. Remember that maintaining your hearing takes time and effort but it's a valuable sense that enhances our lives. If you have any questions about your hearing or would like individualised advice on how to take care of your hearing, don't be afraid to contact your hearing provider.





Are your hearing aids out of date with the latest technology?

Why not upgrade to the latest technology that could give you better TV clarity; better listening quality at church & public meetings; and much better streaming directly to your hearing aids?

Auracast is a wireless audio technology by the Bluetooth SIG that shifts Bluetooth from traditional "one-to-one" pairing to an **unlimited broadcasting model**. Acting like a localized radio tower, a single transmitter can broadcast high-quality audio to an infinite number of compatible receivers simultaneously.

- **How it works:** Operating on Bluetooth LE (Low Energy) Audio, it lets users discover and join audio streams via their smartphones (much like scanning for Wi-Fi networks or scanning a QR code) without pairing.
- **Range:** It reaches up to **100 meters** when using commercial transmitters.
- **Security:** Broadcasts can be wide open for public use or password-encrypted for private networks.

Primary Applications

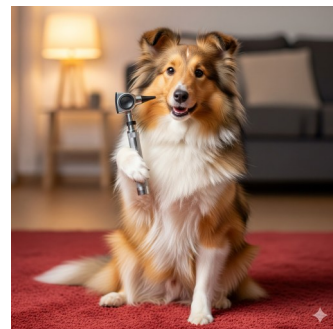
- **Assistive Listening:** It acts as a global digital standard for accessibility, streaming crystal-clear audio directly into compatible hearing aids and cochlear implants at public venues.
- **Public Venues:** It allows people to tune into muted TVs at gyms or sports bars, listen to specific gate announcements at noisy airports or choose different language translations at conferences.
- **Audio Sharing:** It enables a single phone or laptop to share music or a movie with multiple pairs of headphones at once.

A word from Dr Vinsky - The Sheltie Hearing Doctor!

Tips for Maximizing Battery Life

The 60-Second Rule: After removing the sticky tab, let the battery sit on a table for about 60 seconds before use. Battery Manufacturers recommend this to fully activate the battery and extend its life.

Open Compartments at Night: Remember to open your battery drawers every night. This acts as your "off" switch to save power and allows any moisture inside the compartment to safely dry out.



ACCENT PRODUCTIONS PRESENTS

**AN AFTERNOON AT
THE POPS**

CLARENCE VALLEY ORCHESTRA & CHORUS

**THE MUSIC OF
STAGE & SCREEN**

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LISA BUTCHER | VOCALIST
CLARENCE RIVER DANCE ACADEMY
TODD MCKENNEY | COMPERE

ADULTS \$59.00 | CONCESSION/STUDENT \$55.00
CHILDREN \$15.00 (12 & UNDER)

SUNDAY 1ST NOVEMBER 2026 2PM

SARATON THEATRE GRAFTON

BOOKINGS - (02) 6642 1633 OR WWW.SARATON.COM

SARATON 100TH ANNIVERSARY CONCERT

Come and celebrate 100 years of Grafton's Saraton Theatre at 'An Afternoon at The Pops' with the Clarence Valley Orchestra & Chorus, conducted by our Audiologist, Dr Greg Butcher.

'The Music of Stage & Screen' will feature some of the best music ever written for movies, not forgetting music from some of the great musicals.

See above to book your seats now!

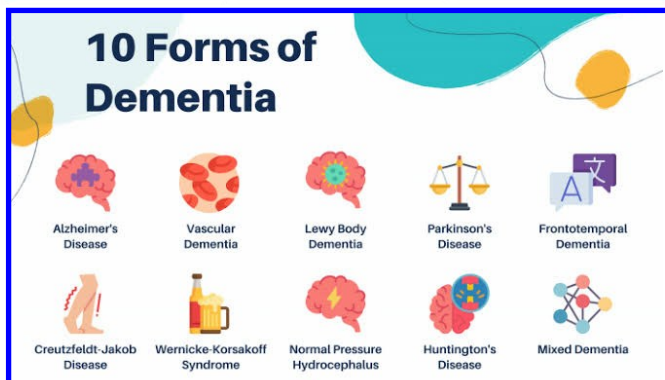
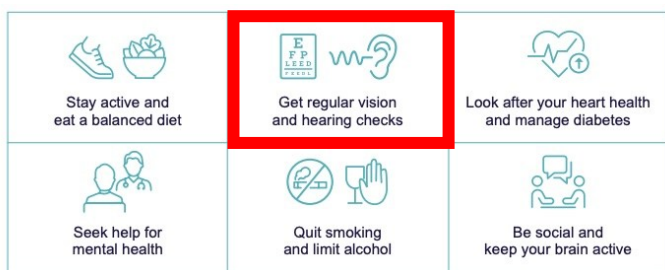
Letter to all Australians turning 50 about dementia risk

In July 2026 the Australian Government sent a letter to all people living in Australia who turned 50 in the year to 30 June 2026. **The letter outlines things that can be done to reduce dementia risk.**

Turning 50 is a good time to think about your future, and how you can stay healthier for longer. This includes your brain health and reducing your risk of dementia. Dementia can affect memory, thinking and mood. Some cases can't be avoided, but did you know that nearly half of all dementia cases could be prevented or delayed?

There are things you can do that can make a real difference – you may already be doing some of them. It's never too early, or too late to reduce your dementia risk.

Here are things you can do:



Did you know?

Untreated hearing loss is among the most significant potentially modifiable risk factor for cognitive decline and dementia. Converging evidence demonstrates that timely diagnosis and treatment with amplification (hearing aids) may slow this trajectory. Framing hearing loss as a chronic sensory disorder with downstream neurobiological consequences reframes early detection as a clinical imperative. Early identification and treatment of auditory decline represents an actionable clinical strategy for preserving cognitive resilience and reducing dementia risk across the lifespan.

Darrow KN, Beck DL, Slattery WH. A clinical perspective: untreated hearing loss and cognitive decline. J Otolaryngol ENT Res. 2026;18(2):27-31. DOI: 10.15406/joentr.2026.18.00582



The 14 modifiable risk factors for dementia

Early life

- Less education

Midlife

- Hearing loss
- High cholesterol
- Depression
- Traumatic brain injury
- Physical inactivity
- Diabetes
- Smoking
- Hypertension
- Obesity
- Excessive alcohol

Late life

- Social isolation
- Air pollution
- Visual loss

<https://www.abc.net.au/news/2026-05-29/dementia-alzheimers-risk-factors-women/106731056?>

“Hearing loss contributes to a cascading effect of decreased social engagement, mental well-being and physical activity, which can increase the risk of cognitive decline and dementia

Risk reduction of cognitive decline and dementia: WHO guidelines, second edition. Geneva: World Health Organization; 2026. Licence: CC BY-NC-SA 3.0 IGO.



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GLEN INNES | Glen Innes Chiropractic Centre,
113 Meade Street, Glen Innes 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 and Independent Audiologists Australia; and a qualified Medicare Hearing Services Provider.