



Canadian HARD of HEARING Association

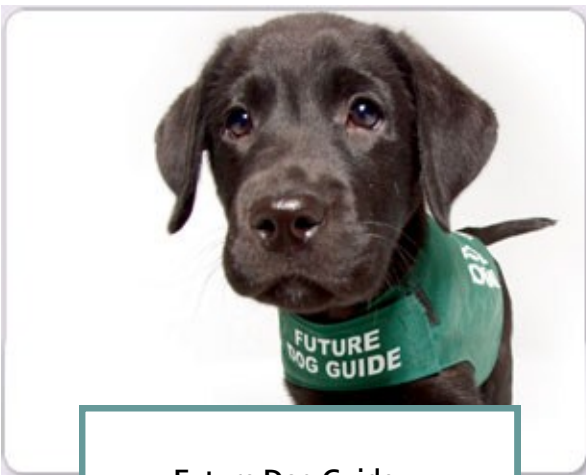
(CHHA-Hamilton)

HERE, HEAR!! Newsletter

www.chha-hamilton.ca

Arthur Rendall, President

December, 2012



Future Dog Guide

Hearing Ear Dog Guides assist individuals who are deaf or hard of hearing to detect sounds they are unable to hear on their own. They have been taught to distinguish sounds, make physical contact with their handlers and lead them to whatever is making the noise; be it someone at the door, an alarm clock, or a ringing telephone.

Since 1988 graduates of the Hearing Ear program have gained an increased sense of security knowing that they will always have a link to the world of sound through their Dog Guide. This allows handlers to be more at ease in their home environment.

Hearing Ear Dog Guides can be identified by their orange harness.

For more information, or to download the Hearing Ear Dog Guide application, please check out their website:

<http://www.dogguides.com/hearing.html>

DECEMBER SEMINAR

“DOG GUIDE ASSISTANCE”

For people with hearing loss

Could a hearing ear dog be the solution for you?

Come to our December meeting to find out!

Speaker: Rhonda Workman
Head Trainer, Hearing Ear Dogs &
Special Skills Dogs of Canada
Lions Foundation of Canada

Date: Wednesday, December 12th

Time: 7:00 pm to 9:00 pm

Location: South Gate Presbyterian
Church, 120 Clarendon Avenue,
Hamilton L9A 3A5

Registration & Contact info:
905-575-4964 or
chha-hamilton.newsletter@shaw.ca

Charge: Members - no charge
Guests - \$5.00

Parking: free parking in rear

Real Time Captioning and
infra red system available

President's Message

Even though our Dream Home Lottery finished in January, 2012, we were still clearing up the lottery license obligations with the AGCO in late August which consequently caused delays in our AGM audit by BDO chartered accountants. This caused us some grief when our AGM scheduled meeting on September 26th was ready with guest speaker, meeting sponsor and speech reading certificate awards, but no finished audited financials. We only had a draft copy, released to our treasurer on that very day to present to our membership. There was no alternative than to proceed with our meeting with what we had.

Then on our last day before this meeting, our captioning that we provide for all general meetings was in jeopardy. Thankfully, our tried and tested meeting chair, Jackie Reid, was able to secure an alternative in the final hour and saved the day at comparable cost.

So 2012 has been a turbulent year, with some of our planned things not coming together as they should have. This was also seen in our Cochlear Implant Sunnybrook meeting, chaired by Linda Baine, where many of the CI users expected for the meeting did not materialize.

For those that did attend the Sunnybrook CI meeting, the guest speakers, BELL presenting Text9-1-1 and Gael Hannan presenting how hearing loss affects us in our day to day life with a comedy side to it, were both very good and well received by the audience. We also were able to try a new technological method of captioning through a remote person listening via Skype in Kentucky. She presented the captioning on a screen virtually word for word in real time. So those in attendance all learned something at the Sunnybrook CI reunion..


Your Board of Directors has been working on the 2013 General Meeting agendas. At our last BOD meeting in October we also looked for fundraising opportunities. We will try to have themed General Meetings where our guest speakers will also be coupled with meeting sponsors to offset the costs of captioning.. The meetings and fundraising will continue to be worked on by the BOD and committee chairs until January, 2013.

At this time, if you have not already but would like to volunteer to help us out on a committee, please contact info@chha-hamilton.ca or 905-575-4964. Your team effort will be rewarding for your community.

Lastly our December 12th General Meeting will have the Lions Dog Guides as speakers. These dogs for the hard of hearing and deafened are what are known as Hearing Ear Dogs. These dogs can accompany you in hotel rooms, restaurants, school, work, airplanes and many other venues or modes of recreational uses.

Come and learn how you may qualify for a dog to help you hear things like smoke alarms, door bells etc.

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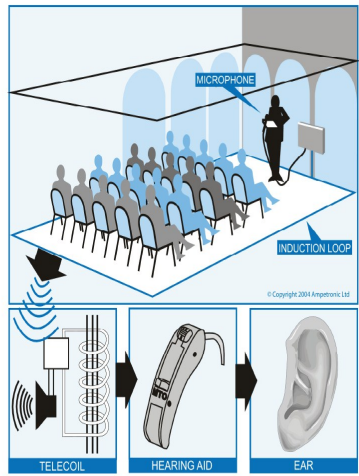
BETTER HEARING SOLUTIONS

Assistive Listening Systems for Hard of Hearing People

SPECIALIZING IN AUDIO LOOP SYSTEMS:
HELP THAT HARD OF HEARING PEOPLE NEED



An audio loop system delivers sound from a sound system, via hearing aids, right into the listeners' ears: no receivers, headsets or other paraphernalia required. Highest user acceptance and usage rate compared to other systems: The Better Hearing Solution!

**EASIEST
SYSTEM TO
OWN, USE &
MAINTAIN**



Use in churches, meeting rooms, classrooms, auditoriums, waiting rooms and at service counters. Use with sound systems, home theatre systems, tvs and computers.

Learn more by visiting us at:

WWW.BETTERHEARINGSOLUTIONS.CA

LOVE your ears



Approximately 3 million Canadians suffer from hearing loss - That's 1 out of 10 people!

Hearing loss is an invisible disability that affects anyone from all ages and all walks of life. It is common but often ignored by the Hard-of-Hearing individual until the effects of untreated hearing loss impacts not only themselves but also everyone around them.

What we do

- Hearing Testing
- Fitting & Dispensing
- Counseling
- Hearing Aid Selection
- Ear Impressions
- Earwax Removal



The Association of Hearing Instrument Practitioners of Ontario

- Hearing Instrument Specialists are recognized by**
- Ontario Ministry of Health and Long-term Care Assistive Devices Program
 - Workplace Safety & Insurance Board
 - Veterans Affairs Canada

All major health insurance carriers

To find a Hearing Instrument Specialist H.I.S. in your area, visit



helpmehear.ca

Ibuprofen or acetaminophen may increase risk of hearing loss among women

Headache? Back pain? At the first sign of pain, you might reach for a pain-relieving medicine to sooth your bodily woes.

Analgesics are the most frequently used medications in the United States and are commonly used to treat a variety of medical conditions. But although popping a pill may make the pain go away, it may do some damage to your ears.

According to a study by researchers at Brigham and Women's Hospital (BWH), women who took ibuprofen or acetaminophen two or more days per week had an increased risk of hearing loss. The more often a woman took either of these medications, the higher her risk for hearing loss. Also, the link between these medicines and hearing loss tended to be greater in women younger than 50 years old, especially for those who took ibuprofen six or more days per week.

There was no association between *aspirin use and hearing loss.

The study was published in the September 15, 2012 issue of the American Journal of Epidemiology.

The researchers prospectively examined the relationship between frequency of aspirin, ibuprofen and acetaminophen use and risk of hearing loss among women in the Nurses' Health Study II.

Data from 62,261 women ages 31 to 48 years at baseline was studied. The women were followed for 14 years, from 1995 to 2009. Ten thousand and twelve women self-reported hearing loss.

Compared with women who used ibuprofen less than once per week, those who used ibuprofen 2 to 3 days per week had a 13 percent increased risk for hearing loss, while women who used the medication 4 to 5 days per week had a 21 percent increased risk. For those who used ibuprofen six or more days per week, the increased risk was 24 percent.

Compared with women who used acetaminophen less than once per week, women who used acetaminophen 2 to 3 days per week had an 11 percent increased risk for hearing loss, while women taking the medicine 4 to 5 days per week had a 21 percent increased risk.

"Possible mechanisms might be that NSAIDs may reduce blood flow to the cochlea—the hearing organ-and impair its function," said first study author Sharon G. Curhan, MD, BWH Channing Division of Network Medicine. "Acetaminophen may deplete factors that protect the cochlea from damage."

Curhan notes that although analgesics are widely available without a prescription, they are still medicines that carry potential side effects. "If individuals find a need to take these types of medications regularly, they should consult with their health care professional to discuss the risks and benefits and to explore other possible alternatives," said Curhan.

Over 50 percent of American adults suffer from high-frequency hearing loss by the time they reach 60 years old. One-third of women in their 50s and nearly two-thirds in their 60s have experienced hearing loss. According to the World Health Organization, adult-onset hearing loss is the sixth most common disease burden in high-income countries.

Source: Brigham and Women's Hospital

***Drugs that commonly cause or increase tinnitus**

- * NSAIDS (motrin, naproxen, relafen, etc)
- * aspirin and other salicylates
- * Lasix and other "loop" diuretics
- * "mycin" antibiotics
- * quinine and related drugs
- * Chemotherapy such as cis-platin
- * Rarely, some of the SSRI antidepressants

<http://www.tchain.com/otoneurology/disorders/hearing/tinnitus.htm>

Being a deaf traveller has its perks!

<http://www.theglobeandmail.com/life/facts-and-arguments/being-a-deaf-traveller-has-its-perks/article4408501/?>

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At this last meeting of the year you will also receive a copy of the final audited statement. Register any questions you may have regarding this statement with our Vice President, Rob Diehl, who will be chairing the December meeting. This belated AGM will be given while we treat you to some goodies and liquid refreshments.

Happy Holidays!

Arthur Rendall
President



DONATION

CHHA-Hamilton would like to thank **Marion Fair** for her generous donation.

It is people such as Marion who help keep our association strong.

As many of you know, columnist *Ask Cathy* (page 6) is the retired general manager of Provincial Hearing Consultants and is now on the CHHA-Hamilton Board. If you have any questions for Cathy, send them to chha-hamilton.newsletter@shaw.ca

If you have enquiries regarding CHHA speech reading classes, also send them to chha-hamilton.newsletter@shaw.ca or 905-659-7347.

Noise Induced Hearing Loss...

....100% preventable
prevalent in workers
 up to one-third of
 hearing loss in men 60-69
 is due to noise exposure
early recognition is vital

- **Be aware!**
- **Reduce noise exposure!**
- **Take early action!**
- **Get help!**

OHCOW Hamilton
 848 Main Street East
 Hamilton, ON L8M 1L9

905.549.2552
 877.817.0336



Occupational Health
 Clinics for Ontario
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www.ohcow.on.ca

Ask Cathy . . .

Q: Is there anything I can do to hear better on the phone with my hearing aids?

A: . Yes there is! Most hearing aids have a telephone switch on them (called a T-Coil) – when you put your hearing aid in this mode it shuts off the microphones that pick up sound from around you and uses a tiny coil inside your aid or cochlear implant to pick up the sound from the telephone.

Just about any phone works better when you are in t-coil mode – but if you buy a phone that says it is hearing aid compatible' you will have the best chance of your t-coil working to capacity.

A small thing you might also try if you wear two hearing aids is to mute the one in the ear not on the telephone – you can do this by flicking open the battery door if your aid does not have a mute setting. This will stop sound from confusing you from the ear not on the phone.

Another very cost effective solution is a telephone pad – it is a foam pad that comes pre-glued that you stick on the receiver of your telephone – it keeps the phone just slightly away from your ear preventing feedback and allowing you to hear more comfortably – these are sold at hearing clinics and are usually under \$5.00. You could purchase an amplified phone – these are special phones, usually sold at your hearing clinic, that come with a 'boost'

button that amplifies the sound – they come in many different styles – corded, cordless, call-display, lighted. They can be used with your t-coil or just on their own because they amplify the sound

You can also purchase, for a very reasonable sum, a portable amplifier that Velcro's on to the phone receiver- it is small, light weight and easily transported when you need to be away from your home phone.

Another option is to use a speaker phone with your hearing aids – this way you can adjust the volume on your hearing aid and on the telephone for the best possible sound quality and it eliminates feedback because you don't have your ear to the phone.

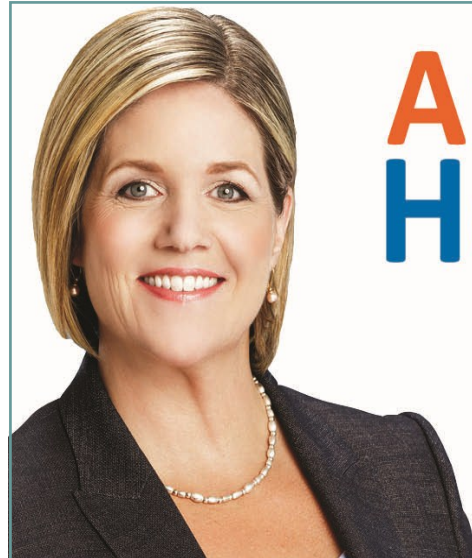
If you have behind-the-ear hearing aids you need to remember that you should not put the receiver to your ear – but rather to the microphone on the back of your hearing aid – so you are holding the phone just above your ear so the sound from the phone can go directly into the microphone of your aid and allow you to hear it.

Many digital aids also come with wireless devices that can transfer the sound directly from a land line or cell phone to your hearing aids. There is usually a device worn around your neck that communicates directly with the blue tooth in your phone – of course to use this wirelessly on a land line you need a blue tooth phone – but you can also purchase a device from any hearing clinic that attaches to a regular phone to enable this wireless feature. This is probably the best of all solutions because the sound from the phone goes directly into your hearing aids.

IMPROVE

Communication with people with hearing loss

- * Talk while facing the person.
- * Don't speak too fast.
- * Don't mumble.
- * Don't hide your mouth, chew gum, or eat while speaking.
- * Be expressive--hand gestures and facial expressions can help give clues about what you're saying.



Andrea Horwath

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Jets fans risk hearing damage

CBC News

A recent survey by the Winnipeg School Division shows gym teachers risk losing their hearing after spending long periods of time in noisy gymnasiums. But audiologists and other hearing specialists say there are a lot of other ways to damage your hearing. They say many people are oblivious to the perils of high noise levels, and they aren't just talking about teens blasting their playlists at high volume on their ear buds.

Here are five other ways you can get long-term hearing damage:

1. **Going to a Jets game** (or other hockey games).

Winnipeg Jets fans boast that they have the loudest building in the NHL, but you probably won't hear audiologists applauding that claim. A study of noise during a 2006 Edmonton Oilers playoff game found that noise levels far exceeded safe limits of 85 decibels for most of the game. According to researchers from the University of Alberta, the arena sound was the same as being 1.5 metres from a chainsaw for two hours. When a goal was scored, the volume spiked to the level of a jet taking off. "The risk of hearing loss for those who attend hockey games frequently (e.g., season ticket holders, arena workers and the hockey players themselves) warrants serious consideration," according to the researchers.

2. **Working in a hair salon.**

You wouldn't think a hair dryer would be a noise hazard, and it normally isn't. At 85 decibels, it's safe for short periods of time. However, hair stylists who are constantly exposed to the sound of hair dryers day after day could face hearing damage over their career.

3. **Looking after children at a daycare centre.**

Active children in a daycare can generate a lot of noise. Studies around the world have shown a lot of that noise can be hazardous, especially if the daycare lacks baffles & other devices to reduce sound reverberation. When daycares in Copenhagen were modified to reduce noise to safe levels, the rate of workers' sick leave and stress fell dramatically.

4. **Working in an animal kennel.**

Sound levels in a typical animal shelter or kennel can regularly exceed 100 decibels. That level can cause hearing damage in both humans and animals alike. Furthermore, most kennels have concrete floors and metal enclosures that cause sound to reverberate around the room. Kennel workers should also know that a U.S. National Health and Nutrition study showed that a noisy workplace is more likely to cause chest pain, heart attack and high blood pressure.

5. **Working on house construction sites.**

Most workers inside noisy factories wear ear protection. It's required by law. But how often do you see workers using ear protection at a house building site? Yet they appear to be just as vulnerable as factory workers, even though they aren't as exposed to constant noise. One study by the National Institute for Occupational Safety and Health found that a sample of 25-year-old carpenters had the hearing ability of a 50-year-old. Researchers theorize that shorts bursts of sound caused by electric saws, air nailers and other tools causes significant damage.

So how do you know if your workplace is too noisy? Audiologists say if you have to raise your voice to be heard, the noise level is probably excessive.

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WINNERS

- Cathy Bell was the 50/50 winner at the September meeting, taking home \$42.50.
- Bill Stewart was the winner of the evening's sponsor **SEARS Hearing** draw for a \$50 **Sears** Gift certificate.
- **Watch for prizes at the Dec. 12th meeting from John C. Munro Hamilton International Airport.**

WHY JOIN CHHA?

- We offer speech reading classes to assist you in communicating
- We are advocates for those who suffer from hearing loss
- We host events that help build community amongst hard of hearing individuals
- We raise funds to assist the hard of hearing in our region

All of these projects help us to fulfill CHHA's mission to make the community a better place for the hard of hearing. Please renew your membership or join us for the first time and find out what CHHA is all about.

To keep our association strong we have to know that *you* are supporting us by becoming a member.

Ruth Watt, Membership Chair

CHHA-Hamilton Membership Application & Renewal Form

Your Membership is due effective now to – August 31, 2013

Please mail this form with your payment to:

CHHA Membership, 762 Upper James, Suite 122 Hamilton, ON L9C 3A2

Name: _____

Address: _____

City/Postal Code: _____

Telephone: _____ e-mail: _____

Age: 19—30 ___ 31—50 ___ 51+ ___

I hereby apply for one of the following memberships (please check one):

Individual Membership: \$30.00 / year Family Membership: \$50.00 / year

Lifetime Membership: \$300.00 plus \$5.00 / year

Make cheques payable to: CHHA-Hamilton

Donations to CHHA-Hamilton may be made in memory of loved ones and friends. Tax receipts will be issued and announcements sent to the family. Charitable Reg. No. 89647 8419 RR0001