



Hearing Loss Association of America

The Nation's voice for people with hearing loss

Central Ohio Chapter newsletter

January-February 2009



Happy New Year 2009!



Welcome to new Chapter President.

Across my desk.... by Kevin McBeth

In the past and into the future.... I was honored to be selected by the Central Ohio Chapter of the Hearing Loss Association of America to serve as its president over the next year. We are looking forward towards another successful year of fulfilling our mission of support, education and advocacy for the hard of hearing community.

A major portion of our support shall be our involvement in the Walk 4 Hearing Fundraiser that is scheduled for this Spring. The support of each member in making this a successful event will not only benefit ourselves but the entire hearing loss community as well.

The next few months have placed me in some question on my ability to serve effectively as a president, but we are taking it a step at a time until decisions can be made. Diane Huston has indicated her willingness to serve in a co-chairperson capacity if my person schedule limits my availability. We are fortunate to have the participation of many capable leaders in our governing board.

We hope to continue our expansion of attendance at our monthly meeting. This is our outreach and represents the true purpose of our organization. I look forward to this year, the challenges that we will face, and the opportunities that will present themselves.

Kevin L. McBeth, President, HLAA Central Ohio Chapter

Upcoming meeting dates:

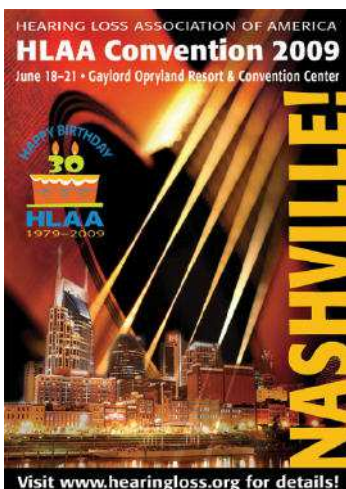
January 10: Kevin McBeth, new chapter president.

Presentation on the cochlear implant for January meeting.

February 14: James R. Gears, who is with the Ohio Rehabilitation Services Commission will be discussing the ADA (Americans with Disabilities Act) and the rights it gives to people with hearing loss and other disabilities.

March 7: What Causes Noise Induced Hearing Loss? Diann Huston

All Central Ohio Chapter meetings are held at Whetstone Library, 3909 N. High St. in Columbus unless otherwise indicated. Gathering time is from 10:00 to 10:30am with coffee and donuts. The meeting and program commence at 10:30am.



Gaylord Opryland Resort and Convention Center, June 18-21, 2009 in Nashville Tennessee.

Go to www.hearingloss.org/convention for information on registration rates, airfare and more.

Mark your calendar, come celebrate HLAA's 30th birthday party.



2009 Central OH HLAA officers

Kevin McBeth: President

Diann Huston: VP

Hermine Willey: Treasurer-State Coordinator OH..... cohear@aol.com (614) 861-7956.

Linda Bryan: Past President

Tinnitus that Phantom Noise in Your Head... Contributed by Hermine Willey

Fifty-million people in the USA have another invisible disability called tinnitus, those phantom noises in your head. Many of our armed forces coming back from Iraq and Afghanistan have it along with their hearing loss due to exposure to noise from IED's and battle. Hearing loss many times is included with tinnitus.

Traditional treatment options for tinnitus sufferers have offered limited long-term benefit. Notably, 49% of the patients in this study had previously tried other common treatments, with limited success. And importantly, unlike traditional therapies, the Neuromonics Tinnitus Treatment led to rapid changes in tinnitus disturbance in this study. The data shows 78% of the overall benefit reported by patients through the course of treatment occurred during the first 10 weeks of treatment.

Tinnitus can be treated at the The Ohio State University Speech and Hearing Clinic located in Pressey Hall on the west campus of The Ohio State University, Columbus, Ohio. People are usually told to learn to live with it but Neuromonics has been found to be helpful in the treatment of tinnitus.

Neuromonics Awarded \$1 Million For Military Tinnitus Study.....contributed by Hermine Willey

Tinnitus, most commonly characterized by ringing in the ears, is one of the top medical complaints for soldiers returning from Iraq and Afghanistan, primarily due to excessive noise exposure during combat. In fact, the American Tinnitus Association reports that tinnitus and hearing loss top the list of war-related health costs. Furthermore, the problem is worsening. At the current rate, veterans with tinnitus-related disabilities will more than double from 390,933 in 2006 to 818,811 in 2011, at a cost to American taxpayers of more than \$1.1 billion.

The tinnitus study will evaluate the Neuromonics Tinnitus Treatment and counseling for active-duty military servicemembers. Trial sites are expected to include large troop-based military installations. Further study is expected to include technological changes to the tinnitus treatment device, as well as evaluating treatment for specific sub-groups of servicemembers, such as those with post-traumatic stress disorder (PTSD) or traumatic brain injury (TBI).

The military is at high risk for tinnitus, based on excessive noise-level hazards during combat, training simulations or on airforce carriers. Many military servicemembers are exposed to sound levels over 140 decibels, and a single exposure can cause tinnitus immediately. In fact, the Independent Budget for the Department of Veterans Affairs' 2008 Fiscal Budget identified the following weapons that surpass this decibel level: machine guns, F18C handguns, pistols, rifles, hand grenades 50 feet from a target and towed howitzers. Furthermore, a 2005 Institute of Medicine report said that hearing-conservation programs in the military are currently not adequate to protect service members.

Beyond the suffering caused by tinnitus, the Independent Budget of Veteran's Affairs has found that many soldiers' performance is impaired during service, due to developing tinnitus and other hearing impairments prior to active combat. For example, those with auditory impairments are 36 percent more likely to hear the wrong command in the battlefield.

Clinically administered and monitored, the Neuromonics Tinnitus Treatment is proven to yield significant long-term reduction of tinnitus disturbance. The therapy is delivered via a compact, lightweight and uniquely designed medical device. Treatment typically occurs over an approximately six-month period, with daily use recommended for two or more hours per day, especially when the tinnitus is most disturbing. The treatment can take place during regular activities such as reading, relaxing or computer work.

SOURCE: Neuromonics Inc

Hearing Loss Association Membership Dues..... www.hearingloss.org

Individual \$35 Couple/Family \$45 Professional \$60 Library/Non-Profit \$50
Corporate \$300 Student \$20



Hearing loss hard on couples..... Contributed By Hermine Willey

It is difficult because most hard of hearing people are not aware of how to educate their hearing spouse or significant other. They just tell them to stop mumbling or talk louder. These corrections last less than a minute.

Frustration and suspicions of selective hearing are among problems faced by married couples with one spouse suffering from hearing loss. Almost half of those questioned in a study about the effects of hearing loss stated that hearing impairment adversely affects their marriages.

Hearing loss creates problems between married partners, according to a survey among men and women, aged 44-62 years, whose spouses were hearing impaired. Almost half of the 1,065 respondents said their spouses' hearing loss had adverse affects on their marriages.

The most common negative effect on spouses of people with hearing loss is frustration. Nearly seven in 10 reported that they become frustrated when their spouse is unable to hear them. 16 percent feel ignored and another eight percent said they become sad or hurt.

It was pointed out that married partners must co-operate and encourage healthy hearing habits in each other. He emphasized the importance of having a hearing test at the first suspicion of a hearing loss.

The winter 2009 edition of Hearing Health magazine, a publication of the Deafness Research Foundation, is now online. <http://www.drf.org/magazine>

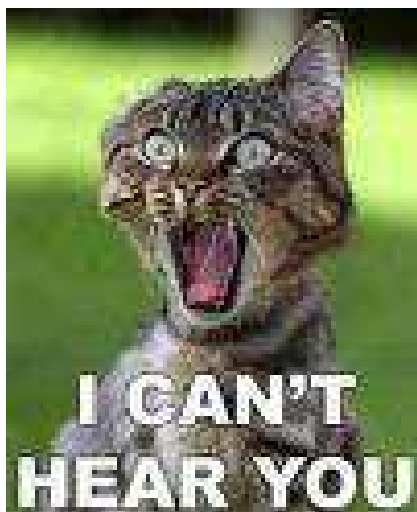
Earplugs have an image problem among young Britons.....contributed by Hermine Willey

For this reason The Royal National Institute for Deaf People (RNID) set up a competition create a way to protect people's ears. As many as 90 percent of young people experience temporary symptoms of reduced hearing or tinnitus after an evening out. Yet, one in three young Britons aged between 16 and 30 years say they would never consider using earplugs in a night club or at a concert, and only three percent use earplugs on a regular basis. Young Britons are reluctant to wear earplugs because they find them unappealing or 'looking too medical'.

The data on earplug attitudes are from a survey conducted by RNID. The survey results caused RNID to challenge British design students to design more appealing earplugs for young people. The winning design, the Ear Card

is an earplug system in a credit card sized flat package It was designed by Chi Shing Lo, a Product Design student at De Montfort University at Leicester, England. RNID is hoping that the fashionable new earplug concept will change the tarnished earplug image and change attitudes and habits among young people in favor of protecting their hearing when they party, go clubbing or attend concerts.

Sources: RNID; www.dontlosethemusic.com



Tip of the month..... By Dwayne Adkins

Everyone subject their ears to constant noise, so here are a few tips on helping your ears out:

- **Plug It In** – If you're off to see a loud concert, or any event with excessive noise, make sure to bring ear plugs with you. Your ears will probably still be ringing when you leave but at least you'll be able to listen to the concert comfortably and safely.
- **Take a Break** – The volume of noise is not the only component to loss of hearing but the length of time listening is also a factor. So take a book with you to read on the subway and take a break from the iPod.
- **Keep Out!** – Hygiene takes a back seat on this one, apparently it is better not to clean out your ears with cotton swabs because there's a risk of rupturing ear drums by pushing earwax too far back. Gross!



P. O. Box 14843
Columbus, OH 43214

To join Hearing Loss Association of America

Name: _____

Organization: _____

Address: _____

City, State, Zip Code: _____

Phone: _____ circle: voice or Text msg
or VCO

E-mail: _____

Membership type: Student: \$20 _____

Individual/Family: \$35/45 _____

Professional: \$60 _____

Corporate: \$300 _____

Mail to address **Hearing Loss Assn. Of America
7910 Woodmont Avenue Suite 1200
Bethesda, MD 20814**

Make check or money order payable to Hearing Loss Association of America

Write on check memo line: Membership dues

You can also join online at www.hearingloss.org

BE A MEMBER OF YOUR LOCAL CHAPTER..... HERE'S HOW!!!!

There's no cost to join HLAA Central Ohio but we do need donations to operate our chapter.

Name: _____

Organization: _____

Address: _____

City, State, Zip: _____

Phone: _____

E-mail: _____

DONATION: _____
Make check or money order to HLAA Central Ohio

HLAA Central Ohio is a non-profit organization who rely on donations from generous contributors.

Thank you for donating to our chapter.