

Patients' hearing loss may mean poorer medical care

Steven Reinberg, Health Day

Hearing loss in older patients can raise the risk of medical errors when patients don't fully understand what their doctor is saying.

Many seniors may not hear everything their doctors tell them, new research suggests, and that could raise the risk of medical errors.

"In our study of 100 patients 60 and older, 43 reported mishearing a doctor or nurse in an inpatient or community health care setting, lending vulnerability to unintended error," said

researcher Simon Smith, from the University College Cork School of Medicine, in Ireland.

Earlier research has found that improved communication between doctors, nurses and families could prevent 36 percent of medical errors, Smith added.

The problem is not just a matter of doctors speaking louder. "The ability to separate speech from background noise is more intricate than volume alone," he explained.

Often hearing tests don't capture the complexity of how patients process medical information, and

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October Chapter Meeting

Sam speaks. "Use it or lose it."



Our Chapter meeting on Thursday, October 12, will feature Sam Moghadam, Hearing Instrument Specialist of Ascent Hearing Center in Long Beach.

He will be speaking about the negative effects of untreated hearing loss, technological advances in the hearing industry, and the joy of reconnecting with life. He will show a short, five-minute video on the importance of stimulating the brain in regard to hearing and the negative impact if people ignore their hearing loss.

Sam earned his bachelor degree in Business Management from San Diego State University. He spent 3 years studying electronic engineer-

ing at the University of Frankfurt, Germany. Having specialized in X-ray technology and crystallography, Sam spent eight years designing and manufacturing highly sophisticated electronic systems which were used by pharmaceutical companies and private state-funded research centers. The experience helped Sam understand and excel with the fast advancing technology of the hearing aid industry.

As a Hearing Instrument Specialist, Sam has been helping people hear better for over twelve years. Sam prides himself on his passion while working to improve his patients' lives through better hearing. He believes, "***It is not how much you know, it is how much you care,***" which helps him provide the most advanced hearing technology and unmatched level of personal care to all his patients.

CHAPTER CALENDAR

All events and meetings are held at the at Weingart Center, 5220 Oliva Ave, Lakewood 90712

- Oct 12** Chapter Meeting, 6:30: Sam Moghadam on the Importance of Wearing Your Hearing Aids
- Oct 25** Board Meeting, 12:00-2:00, Weingart craft room
- Oct 28** HAT demo, 10:30-12:30, Weingart craft room
- Nov 4** HAT presentation and demo at Osher LifeLong Learning Institute, CSULB, 2:00-3:30

We offer 2 different lip reading classes: Mondays 10:00-noon and Wednesdays 9:30-11:30 am.

PRESIDENT'S MESSAGE

from **Katie Wright**



SoCal Hearing Loss Tech Expo

HLAA-California Chapter held a Southern California Hearing Loss Tech Expo in Torrance last month. It was quite a success. Over 220 people attended from all over Southern California. Modeled after the one last October in Northern California, there were 20 vendors from various companies and organizations devoted to helping us with hearing loss. Maxine Barton-Bauman made sure our Chapter was represented with a table chockful of information about our Chapter's offerings and hearing loss in general. Thanks, Maxine—and to Bonnie Strutin and Gail Morrison who helped her out at the table.

The greatest fun, however, was getting together with others with hearing loss. To be in a room with people who “get it” is truly amazing. We were able to forge new relationships and reconnect with old friends. Did you know there are 5 Chapters of HLAA in the LA/Orange County/Ventura area? There's also a chapter in San Diego and a new one just getting under way in Carlsbad.

It was an exhausting, challenging day but so worth it. I am so grateful to my daughter, son-in-law and grandsons for their help both before and during the Expo. They stuffed 300 bags with “freebies,” hauled boxes, helped vendors move things in, registered people and handed out bags—even the littlest one helped at the cookie table! They were my reliable “go-fers!”

You can check out pictures from the day on the HLAA-CA website: <http://www.hearinglossca.org/hearing-loss-tech-expo-2017-photos>

I'm looking forward to next year's Expo! Hope to see you there!



Maxine Barton-Bauman and Bonnie Strutin at our chapter table

September chapter meeting

Dr. Brad Ingrao, Au.D., spoke to us about music and hearing loss. Due to the nature of our hearing devices—aids and/or cochlear implants—music can be difficult to listen to now. Hearing aids are designed to enhance speech, not the frequencies of music. Following his plan will take a long time—a year perhaps—but it is possible to re-train the brain to enjoy music again. Here's a link to an older version of his talk. If you have missed having music in your life because of your hearing loss, watch the video!

<https://www.youtube.com/watch?v=nYGasI2zz5U>

by **ilga**, HAT co-chair

HAT monthly demo

- Visit our next HAT demo: 10:30-12:30 (note new time) on Sat., Oct. 28, Weingart craft room.
- 8 HAT volunteers helped 7 visitors at our September demo. One satisfied visitor was Gail Morrison, who discovered a personal amplifier and directional microphone combo that will help her hear better at her book club.

New equipment

- HAT purchased a Duett by Comfort Audio. The most compact personal amplifier we've seen, the Duett has large simple controls that are friendly to users with low vision or peripheral neuropathy. It's rechargeable, can be used with or without hearing aids, and comes with headphones and earbuds.
- To reach more working people, we are considering purchasing a portable loop that could be used in an office or business environment.



HAT outreach activities

- Katie presented assistive listening devices at an HLAA chapter meeting in Pasadena.
- Over summer, some HAT members met for training from Katie on assistive listening devices. We hope to make an impact and attract some new chapter members at HAT's demo at OLLI, on Nov. 4.
- We're working on a hospital kit to help people with HOH have smoother communication with staff during a hospital stay.
- In August, a special invitation was mailed out, inviting potential and lapsed chapter members to three HLAA events in September. Did the mailing have any effect? We're not sure, but hope the effort will bring new people to future chapter events.

Chapter meeting attendance

	Members	Guests	Total
Sep '17	24	7	31
June '17	26	3	29
May '17	29	5	34
April '17	25	3	28

Patients' hearing loss

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hearing aids may not be the answer, Smith said.

The process that leads to miscommunication that starts with hearing loss needs more study to help patients better understand what's being told to them and to help find ways for doctors to better communicate, he said.

The report was published online in August in the journal JAMA Otolaryngology—Head & Neck Surgery.

One geriatric specialist said loss of hearing among older adults is a problem she encounters every day.

"It's important that we assess hearing and treat hearing loss, because hearing loss also affects our memory and our brain stimulation. So when we lose that sensation of hearing we also lose information access and that can cause slowing of our mental function," said Dr. Maria Torroella Carney, chief of the division of geriatric and palliative medicine at Northwell Health, in New Hyde Park, N.Y.

Many people have hearing loss, but don't get a hearing aid. Hearing aids are often not covered by insurance, Carney noted.

"Hearing aids cost thousands of dollars, so patients don't pursue it until absolutely necessary," she said.

With some patients, Carney uses a hearing amplifier, which is a simple device that can help some patients hear better by increasing the volume of sound directly in their ear.

<http://www.chicagotribune.com/lifestyles/health/sc-hlth-hearing-loss-medical-errors-0830-story.html>

from the HAT cabinet

Come before the meeting (from 6 to 6:30) to see this example from HAT's collection of 50+ assistive listening devices.

For October—

Sonic Alert, a versatile alarm clock that vibrates, sounds, or flashes a light, and can be expanded to alert you to phone, doorbell, and more.



Does hearing loss impact men and women equally?

Steven Reinberg, Health Day



Hearing loss affects both men and women, of course, but it appears to affect men more intensely. Not only are there work and medication differences, but the ability to explain hearing loss may also play a role. Much of this can be changed, however, if you know what to avoid and what to do.

Work Noise

Men have up to twice the rate of hearing loss as women, and this may have to do with work history. Women participate in most industries alongside men, but the fact remains that men are more likely to be in noisy jobs like construction. All that noise exposure can worsen your hearing. Sometimes the effects are acute; for example, you're standing right next to a drill when it goes off, and suddenly your hearing is worse (this can be temporary, but it can also be permanent). In many cases, the noise exposure is chronic, and the loss builds over time.

Medication Use

Men may also have higher rates of ototoxic medication use. Ototoxic means toxic to hearing and your ear. Anti-inflammatory medications, aspirin, and a host of other medications can make your hearing get worse over time, though some can bring on hearing loss very quickly. It's thought that men tend to take more of these medications, thus exposing their hearing to a greater risk of damage.

Explanations and Requests for Help

An odd factor in how hearing loss affects men and women is that women may be a lot better at explaining to people that they (the women) have a hearing loss. Women also tend to be better at asking for help and telling people how they can help the women understand what's being said. Because women are better at getting this extra assistance, they may experience fewer social effects from the hearing loss and have a better quality of life overall.

Biological Differences

There's yet one more factor in gender differences in hearing loss. Men tend to lose more hearing in the lower frequencies at first, and women tend to lose more hearing in the higher frequencies at first. While this makes it difficult for both men and women to hear, men may experience more of a problem. This is because they are likely to hear fewer high-frequency sounds, including many high-pitched voices. That could lead to less social interaction and higher rates of depression.

Offering Solutions

Preventing these issues requires long-term vigilance; those in noisy jobs need to wear hearing protection, and those who need to use medication should try to find versions that are not ototoxic. Men can also learn to explain their hearing loss better. The biological difference might not be preventable, but by watching out and preventing the other reasons for declines in hearing, both men and women can experience better outcomes.

<https://helpingmehear.com/does-hearing-loss-impact-men-and-women-equally/>



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Register or renew by phone 1-800-443-4438 or online at www.ralphs.com/account/create

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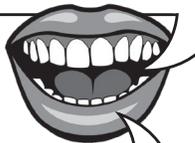


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1. Go to this link: https://org.amazon.com/npo/search/ref=org_sls_rlp_btnrprt
2. Select our chapter by typing **Hearing Loss Association of America - Long Beach** in the orange box. The address will show "Downey".

Learn ^{How To} Lipread



Free & Fun!

2 classes
weekly—
Join anytime!

Lipreading can help anyone better understand what someone is saying. This skill is especially helpful to the hard-of-hearing, and when used in combination with hearing aids. Classes meet in the craft room of the Weingart Senior Center.

Mondays

10:00 a.m. to noon

Led by Elfriede Maclver

Wednesdays

9:30 - 11:30 a.m.

Led by Linda DeGuire



Hearing Assistive Technology
**HAT demonstrations are now
on Saturday mornings!**

**Saturday, Oct. 28
10:30–12:30**

Weingart Senior Center

*New day
and time!*

Invite your friends and relatives with hearing loss to come and try out a large variety of devices that can improve their ability to hear better in difficult situations. These devices can be very helpful to people with or without hearing aids and are a lot less expensive.

In addition to our large selection of devices for you to try, Sam Moghadam, Hearing Instrument Specialist from Ascent Hearing Center, will also be present to answer questions about hearing aids.

HAT does not sell hearing aids or hearing assistive devices, but provides information on where to purchase items demonstrated.

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HLAA, Long Beach/Lakewood Chapter

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HLAA Hearing Loss Association of America

Join HLAA to receive *Hearing Loss Magazine* and to become part of the one organization that represents the interests of 48 million people with hearing loss in the U.S.

Send \$35 for individual or \$45 for family membership to:

Hearing Loss Association of America
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Membership brochures are available at chapter meetings.

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Long Beach/Lakewood Chapter

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Long Beach/Lakewood Chapter
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Downey, CA 90242

First Class

Address Service Requested

Upcoming Programs

- Oct 12** Sam Moghadam on why you should wear hearing aids
Nov 9 Alle Rhames on the new touch screen CapTel captioned phone
Dec 14 Holiday party (tentative)

HLAA Long Beach/Lakewood Chapter Meetings are held on the second Thursday of each month, 6:30-8:00 pm, at the Weingart Center, 5220 Oliva Ave, Lakewood 90712

If you don't like meetings because you can't hear well, our meetings are different!

- We have a high quality sound system
- You can borrow an assistive listening device
- If you have hearing aids with telecoils, we have a hearing induction loop
- If none of these help, we project captions on the wall for you to read.

We provide all these options free so you can understand what is said.



Hearing Loss Association of America

HLAA opens the world of communication to people with hearing loss through information, education, support and advocacy.

The national support network includes the national office in Washington D.C., state organizations and local HLAA Chapters.

Join HLAA now at www.hearingloss.org/content/join to receive *Hearing Loss Magazine* and become part of the one organization that represents the interests of 48 million people with hearing loss in the United States.