

**Inside this
issue:
July 2010**

Guide: Eliminate temporary hearing loss 1

Closed Captioning on the Lawn 2

How Loud is Too Loud 4

Meeting Schedule 6

Is an erection worth a hearing loss? 6

Learn about hearing loss 7

Campaign for Hearing Access 8

Be Your Own Advocate 10



Say What?

Guide: Eliminate Temporary Hearing Loss

When the hearing goes, it does not—luckily—have to be permanent. Blocked ears, sinuses or fever reducing medicine can also be the cause.

Most people experience reduced hearing or tinnitus during their lives. For many the conditions is permanent, but in many cases their hearing can often return to normal again.

Here is a guide to the three most common causes of temporary reduced hearing—and how the symptoms can be beaten.

Blocked ears

Ear wax can block the ears and thereby reduce the ability to hear until the wax is removed. Blocked ears can also lead to dizziness and pain. People with blocked ears should not attempt to removed the wax. Instead, he or she should consult a doctor. The doctor will typically remove the wax with something that can dissolve it, either through flushing the ear or manually.

Blocked sinuses

Blocked sinuses as a result of a cold, sinus infection or allergies can result in temporary hearing loss. The blocked sinuses cause the Eustachian tube, which regulates the pressure within the inner ear, to swell up, so that the connection between the middle ear and throat is closed off.

If this condition continues for more than 10 days and/or it is occurs more than three times a year, this could suggest an undiagnosed allergy. The patient's doctor should them conduct an allergy evaluation.

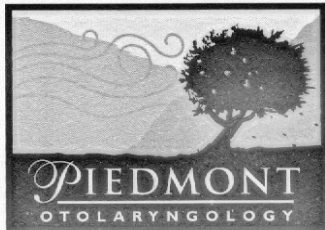
Fever reducing medicine

High doses of aspirin, ibuprofen and other so-called non-steroid anti-inflammatory preparations can cause tinnitus.

A humming or ringing feeling in the ear can occur, if a person ingests either 10 aspirin or 800 milligrams of ibuprofen a day.

Kilde: www.star-telegram.com

From www.hear-it.org



PAIGE POWERS, M.D.

199 Spotnap Road, Suite 5
Charlottesville, VA 22911
Phone: (434) 220-0045
Fax: (434) 220-0065
www.entdoc.com

hearingimpaired.net
MrPAWS by Snow



accessories and signage
for people with hearing loss
and Service Dog Supplies

- Lapel Pins • Window Decals
- Door Plaques • Patches
- Door Hangers • Visor Cards
- Stand-up signs • Stickers
- Athlete's Vests • Window Clings
- Dog Vests, patches, ID Cards
- *And more ~ ~ ~*
- For 10% Off, use Promo Code
HLACVA

P O Box 17954
Fountain Hills, AZ 85269
Voice/VCO 480.837.0190
Fax 866.591.3492

sales@hearingimpaired.net
sales@mrpaws.com

Closed Captioning on the Lawn for UVA Graduation Ceremonies

- By Larry Herbert, HLACVA

The annual commencement exercises on the Lawn at the University of Virginia were closed captioned for the first time this past May.

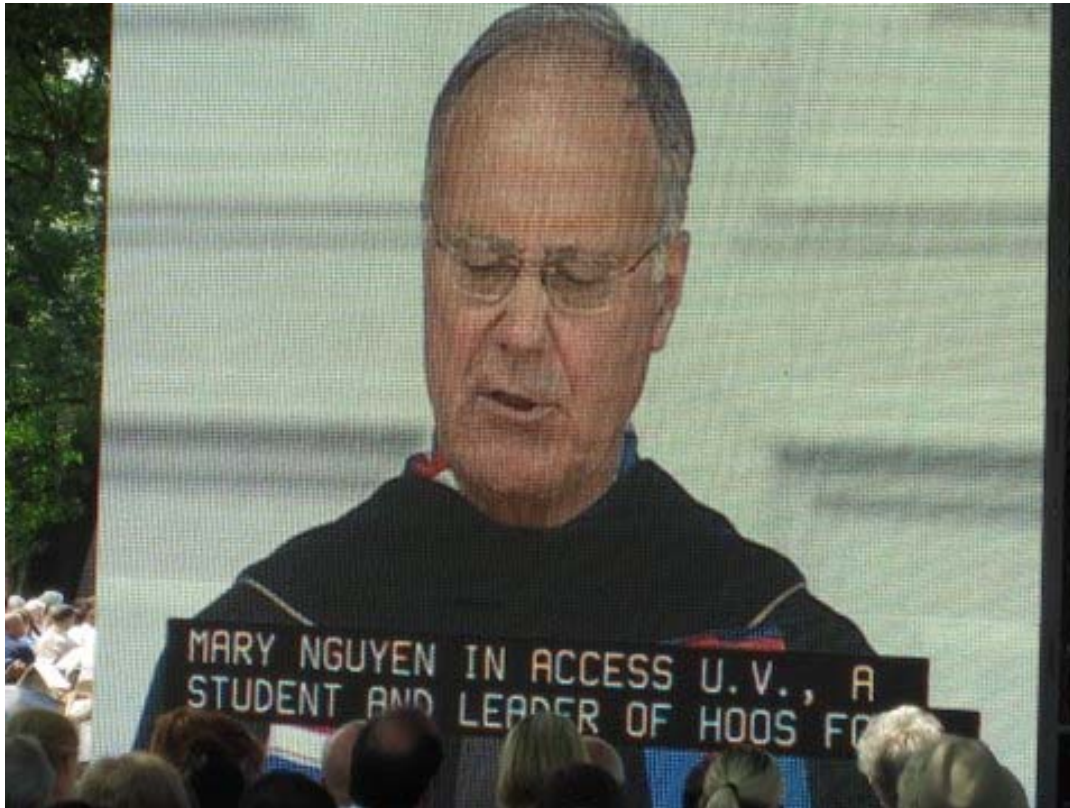
Two large jumbotron TVs have been provided in recent years to provide attendees with a view of the proceedings - but this year closed captioning was added to both screens for the first time.

This initiative was largely the result of lobbying by Kathleen (Kate) O'Varanese, the Coordinator of Services to Deaf and Hard of Hearing (HoH) Students. She serves on the Graduation Committee which plans the exercises. Speakers do broadcast the ceremonies to the far reaches of the Lawn, but for those of us who are HoH, that is usually unsatisfactory. Captions are a great solution in a large gathering like this - particularly for proud family members who are HoH and are there to share in the festivities with the graduates.

Since Kate was signing the services to a deaf student, she asked me to critique the closed captioning process. The picture on the next page shows President Casteen delivering his last commencement address with the captioning at the bottom of the screen. I've recommended that the captioning be placed at the top of the screens or that the screens be elevated to increase visibility. My observation of the crowd was that the captioning was a welcome addition.

Kate and I have also met with officials of the UVA Athletic Department about adding captions at major sporting events. We've piqued their interest but I think we will have to continue our advocacy on this point before we see it come to fruition.

Kudos to the University for this service, and thank you to Kate O'Varanese.



University of Virginia President Casteen at Graduation being closed captioned on the Jumbotron.

WE NEED YOUR HELP

Your support is very important to us. We use your dues and donations for printing and mailing notices for each monthly meeting, quarterly newsletter and mailings, and for the June and December get togethers. We also use it for equipment if absolutely necessary.

We need your support to continue our mission. Please Help. Send Dues and Donations to HLACVA, c/o Keeney & Co. Architects, 1413 Sachem Pl, Suite One, Charlottesville, VA 22901 -2497. Application on back cover.

SOME WEBSITES FOR HEARING LOSS -

Advanced Bionics - http://www.bionicear.com/Your_Journey_to_Hearing/Learning.cfm?langid=1

Air Travel Complaint Form for Disabled – print out and take with you when you fly - http://www.hearingloss.org/advocacy/HLAA_DOT_Complaint_form908.rtf

Audiology Online - http://www.audiologyonline.com/ceus/AO_CP_Listing.asp

Baha System Aftercare - <http://www.cochlearcommunity.com/services/Troubleshooting/Baha/2003.php>

Caption You Tube Videos - <http://caption-tube.appspot.com/>

Closed Caption Complaints to FCC – must be quick - For further information on the FCC's television closed captioning please see our Factsheet at <http://www.fcc.gov/cgb/consumerfacts/closedcaption.html>. The closed captioning regulations are at http://www.fcc.gov/cgb/dro/captioning_reqs.html. The complaint procedure is in the regulations at [47 CFR Part 79.1 \(g\)](http://www.fcc.gov/cgb/dro/captioning_reqs.html).

Board of Directors

Ron Keeney,
Pres Keeney &
Co, Architects,
PLC 434
-978-2000

Ron@KeeneyArchitecture.com

Poppy Lesti,
News. Editor,
Coord. 3875
Whitetail Ln.
Keswick VA
22947 434
-923-0378

PoppyL@aol.com

Frank Shiflett,
Treas. 434
-985-2060

Larry Herbert,
Tech.Advi.
434-981-3004

Betty Bonvillian,
Dir. 434
-244-0461

Marjorie Boone,
Dir. 434
-244-0461

Lou Gibb, Dir.
434-293-8437

Dot Clark, Dir.
434-973-3667

Carolyn Newsome, Dir.
434-295-9094

How Loud Is Too Loud

Decibel levels of common sounds

From Deafness and Hearing Aids

<http://www.deafness-and-hearingaids.net/>

Noise is measured in units called decibels, on a scale from zero to 140. The higher the number in decibels, the louder the noise. The louder the noise, the greater the risk of hearing loss. Hearing loss can occur with regular exposure to noise levels of 110 decibels or more for periods longer than one minute. No more than 15 minutes of unprotected exposure to 100 decibels is recommended. Long-term exposure to 80-85 decibels or over can cause hearing loss.

Here is a list of common noises and their decibel levels:

Aircraft at take-off (180)	Fireworks (140)
Snowmobile (120)	Chainsaw (110)
Amplified music (110)	Lawnmower (90)
Noisy office (90)	Vacuum cleaner (80)
City traffic (80)	Normal conversation (60)
Refrigerator humming (40)	Whisper (20)
Leaves rustling (10)	Calm breathing (10)

Noise levels of 130 decibels or over will be painful and are very likely to cause immediate hearing damage.

Perceptions of increases in decibel level

The list below gives you an idea of how noticeable a change in decibel level will be to you:

- 1dB - Not noticeable
- 3dB - Barely noticeable
- 5dB - Clearly noticeable change
- 10dB - About twice as loud
- 20dB - About four times as loud

<http://www.deafness-and-hearingaids.net/>

Providing outreach and support for Virginia residents.

At VDDHH, our network of Outreach Providers sponsors workshops, support groups, training sessions and community services programs to help all Virginians learn more about hearing loss and ways to communicate with those who are deaf or hard of hearing.

For the assistance or information you need, contact one of our Outreach Providers today:

Feta Fernsler

DHSC, Inc., Local Outreach Specialist
 Voice/TTY/Fax: 540-569-3016
 Voice/Video Phone: 866-563-7784

Gary Tally

VDDHH, Outreach Manager
 Main Phone: 800-552-7917
 Video Phone: 866-816-3335



→ New!

Williams Sound® CM-BT Bluetooth® Audio Amplifier



The CM-BT creates a clear wireless link between your Bluetooth® cellphone and t-coil enabled hearing aid, allowing you to answer or hang up calls without taking your cellphone out of your pocket.



Free Catalog • www.harriscomm.com • (800) 825-6758

ADVERTISING

SPACE

AVAILABLE



IMPROVING QUALITY OF LIFE THROUGH IMPROVED COMMUNICATION

Speech-Language-Hearing CENTER

- Hearing Evaluations, Hearing Aid Consultations and Fittings, & Follow-Up
- Standard 2-year warranty includes batteries and repairs
- 30-day satisfaction period
- Aural rehabilitation addressing all aspects of hearing aid use & care
- Major brands of digital hearing aids
- Free, convenient parking
- Speech-language evaluations & therapy also offered

(434) 924-6354

Mani Aguilar, Au.D., CCC-A, Audiologist
 2205 Fontaine Ave., Suite 202, Charlottesville
www.UVASpeechAndHearing.org

Technology To Help You Communicate



Request a Free Catalog
1-888-477-2995

Vibrating Alarm Clocks
 Amplified Phones
 TV Listeners
 Personal Amplifiers



SoundClarity™

www.soundclarity.com

Meeting Schedule

We meet most months on the first Wednesday from 1:00 – 2:30 p.m. at the Senior Center, 1180 Pepsi Pl, Charlottesville, VA, 434-974-7756. **ALL**

PEOPLES AND AGES WELCOME

August—no meetings

Sept 1, 2010— Linda Swinson, Audiologist from Wagner Hearing

Oct 6, 2010— TBA

Nov 3, 2010—Brenda M. Ryals, Ph.D. is an internationally recognized researcher in the areas of auditory plasticity and hair cell regeneration. She will be talking on "A look to the future: Will we be able to make new ears?"

Is an erection worth a hearing loss?

A US study shows a correlation between hearing loss and the use of the erectile dysfunction drug Viagra.

If you choose to take Viagra or similar medications to improve your sexual performance you may at the same time be putting your hearing at risk.

This is the conclusion of a study from the University of Birmingham (UAB). According to the study, drugs for erectile dysfunction may double the risk of long-term hearing impairment. High doses of Viagra have been shown to damage hearing in mice, but until now only a few anecdotal cases have been described in humans.

One in three suffers from hearing loss

The study, based on a national sample of 11,525 American men over the age of 40, found that almost one in three who took the drug had hearing loss. Of those who did not take the Viagra-like drugs, only slightly more than one in six were hard of hearing.

"It appears from these findings that the current government warning regarding hearing loss and the use of these medications is warranted." says study author Gerals McGwin, PhD. And professor of epidemiology at UAB.

Warnings are required

Drug makers already include a "black box" warning about potential hearing loss on these products. But according to Dr. McGwin, the results expand on that concern:

"Though there are limitations to this study, it is prudent that patients using these medications be warned about the signs and symptoms of hearing impairment and be encouraged to seek immediate medical attention to potentially forestall permanent damage," he says.

According to the study, the relationship was strongest for men reporting use of sildenafil (Viagra) over those who used tadalafil (Cialis) or vardenafil (Levitra). The findings indicated an elevated but not statistically significant increase in hearing loss for users of tadalafil and vardenafil

Source: Published in "Archives of Otolaryngology-Head and Neck Surgery"
www.reuters.com

From www.hear-it.org

Learn About Hearing Loss: New Video Series

Get accurate information about hearing loss, its causes and what to do about it. The Hearing Loss Association of America contracted with Knowlera Media to produced a series of seven, four-minute, captioned videos on hearing loss. Information you need to be adequately briefed on the topic is all in one place in an easy-to-access format. If you think you have a hearing loss or know someone who does, please point them to the videos where hearing health care professionals and people with hearing loss talk about what you can do about it.

1. [Hearing Loss Basic Facts](#)
2. [Hearing Loss Symptoms](#)
3. [Hearing Loss Diagnosis](#)
4. [Hearing Loss Treatments](#)
5. [Living with Hearing Loss](#)
6. [Hearing Loss Causes and Prevention](#)
7. [Hearing Aids, Cochlear Implants and Assistive Listening Devices](#)

http://www.hearingloss.org/learn/hearingloss_vids.asp

from bhNEWS

Thank You

May Meeting – Karla Leshner from the Dept of Rehabilitation, gave a great slide presentation on Safety for people that are Deaf and HOH. She even signed while she talked

June Meeting— Elizabeth LeBarron from HLAA came with her beautiful daughter Genevieve. Elizabeth talked about HLAA national and all great work they are doing for us.

We had a wonderful luncheon courtesy of Ron Keeney in memory of his mother Lois Keeney—our chapter's founding member.



Karla Leshner

T-COIL APPS CENTRAL VIRGINIA HEARING LOOPS

Home, Commercial, and Institutional Inductive Loop
Installation. Assistive Listening Systems/Devices.

"GET IN THE LOOP!"

LARRY HERBERT
104 Grimes Place
Charlottesville, VA 22902
Tel: 434 981 3004
EMAIL: LMH4@aol.com



The DEPARTMENT of
OTOLARYNGOLOGY—
HEAD and NECK SURGERY
Division of Otology-Neurotology

George T. Hashisaki, M.D.
Associate Professor

P.O. Box 800713
Charlottesville, VA 22908-0713
Phone: 434-924-2040 • Fax: 434-982-3965
TDD: 434-982-HEAR
E-mail: gth5x@hscmail.mcc.virginia.edu
www.med.virginia.edu/otolaryngology



The DEPARTMENT of
OTOLARYNGOLOGY—
HEAD and NECK SURGERY
Division of Otology-Neurotology

Bradley W. Kesser, M.D.
Assistant Professor

P.O. Box 800713
Charlottesville, VA 22908-0713
Phone: 434-924-2040 • Fax: 434-982-3965
TCC: 434-982-HEAR
E-mail: bwk2n@virginia.edu
www.med.virginia.edu/otolaryngology

FROM THE EDITOR

I want to thank everybody for this opportunity to get out our news. If you have any questions, comments, or articles for future newsletters, please call me at 434-923-0378, email me at PoppyL@aol.com, or write me at Poppy Lesti, 3875 Whitetail Ln, Keswick, VA 22947

**HOPE TO SEE YOU AT OUR NEXT
EVENT**

RON'S QUOTES

The most important thing is to be whatever you are without shame.

Rod Steiger

Nothing will ever be attempted if all possible objections must first be overcome.

Samuel Johnson

Enthusiasm finds the opportunities, and energy makes the most of them.

Henry Hoskins

Action springs not from thought, but from a readiness for responsibility.

Dietrich Bonhoeffer

Sertoma and Hearing Charities of America announce Campaign for Hearing Access - A Sound Investment

More Information: Steven Murphy 816.333.8300 smurphy@sertomahq.org

Kansas City, MO.-Sertoma and [Hearing Charities of America](#), nonprofit organizations committed to raising awareness on issues related to hearing health in America, today announced a new action campaign to address access to sound for the hard of hearing titled [A Sound Investment](#).

The Silence is Deafening

A sometimes bitter healthcare debate has added to the silence experienced by 37 million Americans dealing with hearing loss. Hearing health for many Americans, especially those near or below the poverty level, is considered a luxury item. Regardless of any new legislation on the horizon, hearing health education and access to hearing devices must have a new, louder voice.

According to Sertoma and Hearing Charities Executive Director Steven Murphy, the mission of the campaign is to assure equal access to a community often overlooked. "Nobody is listening, literally and figuratively," said Murphy. "We have the means to address this issue, what we lack is a commitment to act. This campaign is one of many planned to create action – to expand the delivery of education, services and hearing devices to the public."

A Sound Investment Campaign

The Need

In many ways, we have made the world accessible to all people through the Americans with Disabilities Act and other efforts. However, in some ways we have failed to make that access complete. We have worked hard to remove the barriers that limit use of a public facility for those who cannot walk, but have done little for those who cannot hear. For the millions of Americans using hearing assistive devices, the ability to hear in public facilities is limited. Yet all those sounds can be made clear by the simple act of installing an available, easy, and cost effective technology – the induction loop.

The Goal

The goal is to make the sounds through public address and amplified systems in public facilities readily accessible to those that use hearing assistive devices. We can achieve this goal by promoting and assisting in installing looping technology of public buildings and facilities. This effort will not only provide access that should be available, but will promote the value and importance of hearing health services and technology.

What is Looping?

Looping is a technology that allows hearing assistive devices to serve as wireless loudspeakers, delivering clear, sharp, customized sound right from inside the ears. It can be adapted to use in large public spaces, such as airports and auditoriums. But it can just as easily be installed in churches, drive-up business windows and even into a single room at home so the TV or stereo sound becomes a broadcast going directly through the hearing assistive device. The induction loop is to hearing aids, what Wi-Fi is to laptops.

Sertoma, Inc.

Headquartered and founded in Kansas City, Mo. in 1912, Sertoma is a 501(c)3 not-for-profit national civic organization with community-minded members in our service clubs across North America. Sertoma's national focus is on assisting the more than 50 million people with hearing health issues and educating the public on the issues surrounding hearing health. For more information about Sertoma and its community clubs, visit www.sertoma.org or call (877) 737-8662.

Hearing Charities of America

Sertoma created this social enterprise as a means to expand its 50 years service in the area of speech and hearing concerns. The April 20, 2010 public launch of Hearing Charities begins its efforts to develop community engagement in communities not served by Sertoma members. [Hearing Charities of America](#) activities will connect those who need information, education, hearing health services and assistive devices to those who can help meet their needs. The mission of Hearing Charities of America is to raise awareness and promote collaboration toward a hearing healthy world.

(Cont page 10)



ADVERTISING

SPACE

AVAILABLE



Elizabeth LeBarron
from HLAA

Specializing in Audiometric Hearing Tests, Personalized Selection and Adjustment of Hearing Aids and Ancillary Products



FREE HEARING TEST & 15% OFF PURCHASE

WITH THIS COUPON!

Toll Free: **866-341-HEAR (4327)**
www.hearvirginia.com



Our HLACVA meeting room has an

INDUCTION LOOP

Just turn on the telecoil in your hearing aid to hear clearly.

Serotoma and Hearing Charities *(continued from page 9)*

Charlottesville, VA Serotomans will be available to do a presentation on **A Sound Investment**, for induction looping in your community any time.

The Hearing Loss Association of Central VA meets monthly Sept – June at 1-2:30 pm the first Wednesday of the month at the Senior Center on Pepsi Place in Charlottesville VA for more information about HLACVA's community service **A Sound Investment** or other hearing health or local programs, contact Larry Herbert at 434-981-3004 or email at lawrence.herbert@gmail.com.

BE YOUR OWN ADVOCATE

By Poppy Lesti

Having a hearing loss is really hard. It is insidious. It usually starts slowly and creeps up on us. We respond in kind. We ignore it and gradually start to limit our lives. We stay at home a lot more—social situations are just too hard to deal with. We don't go out with our friends as much—it is too hard to hear in restaurants. We don't go to the movies anymore—can't understand them. We alienate our families with the tv volume so loud. We frustrate our family with being able to hear them in the morning and afternoon but ignoring what they say in the evening—convenient hearing. Almost all of this can be changed if you want it to be.

First, hearing aids do not give you back your hearing 100% like glasses do your eyesight; that is very important for both you and your family and friends to know. *(Cont. page 11)*

Advocate—cont.

Second—Face facts, it is going to be harder to hear in social situations. There are things you can do to help yourself. Get hearing aids with directional microphones and telecoils; this enables you to block out some of the background noise and direct your hearing to just the front. Telecoils enable you to use fm systems to talk one-on-one with others (like the Comfort Duet) with a neckloop. Sometimes it is better to take your hearing aids out and speech read. You don't amplify all the surrounding noise that way.

Third—Restaurants are usually very noisy. Ask for a table that is in a corner. Sit with your back to the room and turn on your directional microphone for just forward sound. That will eliminate sound from the rest of the room behind you. Get a table that is round if possible so that you can see everyone. Go to a restaurant with good lighting. You need to see to be able to hear well. We all speech read to some extent and it really helps to be able to see the other person when they talk.

Fourth—Movies are possible for almost everyone. They all have devices for the hard of hearing. You just have to ask for them when you get your ticket at the window. In return they will ask for your driver's license to make sure that you return your device at the end of the movie. Most are like large earphones that you can wear over your ears or hearing aids. Make sure to turn on your telecoil in your hearing aids or cochlear implants (CI's).

Fifth—Television. This is a big one. So many families complain about the volume being so high when family members are hard of hearing. **TURN ON THE CLOSED CAPTIONS!** There are also loop systems that are great to use with telecoils in hearing aids and CI's. You can loop the room, just loop the seat the hard of hearing (HOH) person is sitting in—under the cushion, put a device on the table in front of the person, etc. Lots of choices. With loop systems you can have the volume on the TV really low and yet the loop system can be at another volume for the HOH person.

Sixth—Yes, we hear better in the morning than the night. We are fresher in the morning and concentrate better. By evening we are tired. It takes a lot of concentration to hear and understand. We guess a lot from context and it is harder if we are tired. Give us a break. Don't repeat the same words if we don't hear them. Change the words, use other ones and see if we hear them better.

Most hearing aids can have a couple of programs. You have choices some of which they are—telecoils, front microphones, side microphones, music program, and many more. Each hearing aid is different as to what programs are available. Do not just rely on who you get your hearing aid from to tell you. **ASK. INSIST.** It is up to you to get the most from these expensive devices. If they don't work to your satisfaction in the first two weeks—insist on another type. If they reprogram—get the warranty extended. **DO NOT REPROGRAM AND CONTINUE WEARING IF THE WARRANTY IS GOING TO EXPIRE.** Return the aids and get another type/brand. Hearing aids are like shoes. You can't put a AAA shoe on a WW foot and have it fit correctly, even if it is on sale. It is not a bargain if you are not going to wear them.

**PICTURE YOUR ADVERTISING
HERE**

CALL POPPY LESTI FOR MORE INFO 434-923-0378



Elizabeth Lebarron from HLAA

national and her daughter Genevieve

with Larry Herbert from HLACVA

**Hearing Loss Association
Of Central VA
Membership Form**
Send to: HLACVA
c/o Keeney & Co Architects, PLC
1413 Sachem Pl, Ste One
Charlottesville, VA 22901-2497

NAME _____

Address _____

Phone/TTY: _____

\$10 dues for membership to offset cost of news-
letter, meeting notices, and 2 get togethers.

Background, experience, skills, interests:



**Hearing Loss
Association
of America**

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

Membership is \$35 per year and includes a Subscription: *The Hearing Loss Journal*

www.hearingloss.org

7915 Woodmont Ave.

Bethesda MD 20814

(301) 657-2248 (Voice)

(301) 657-2249 (TTY)

**Invite a friend to join the local chapter
as well as national!**

Hearing Loss Association of
Central Virginia
c/o Keeney & Co., Architects
1413 Sachem Pl., Suite One
Charlottesville, VA 22901-2497

PRSRT STD
US POSTAGE
PAID
CHARLOTTESVILLE VA
PERMIT #422

CHANGE SERVICE REQUESTED

PLEASE confirm your address... and if this mailing is not of interest,
Tell us at (434) 978-2000... or fax us at (434) 978-7438.

YES, keep mailing.

NO, remove this name from mailing list.

YES, BUT change the name or address to...