



President's Message – February 2012

The Quest for “20/20” Hearing

One of the most refreshing articles about hearing loss was in the New York Times a few weeks ago. It was a clear reminder that hearing aids alone cannot always restore our hearing to adequate levels. Unlike eyeglasses, which can restore vision to 20/20 for most, you cannot expect similar results from hearing aids. However, there is quite a lot we can do to improve our hearing beyond what an aid or implant can provide. By some estimates, we can increase it by 20% via some of the following techniques.

One method to increase your hearing is to retrain your brain to hear properly. Some report dramatic increases with aural rehab, including the self-administered programs such as "L.A.C.E.", which one can do at home on your computer. You will not want to miss our February 15 meeting, which features Dr. Theresa Chisolm from USF, a leading cutting-edge expert in this area.

Another powerful restoration tool is Communication Strategies. At January's session, Joan Haber provided some fabulous insight on communicating in noisy situations. If anyone missed that and would like a copy of her PowerPoint presentation, please contact me. Our lending library also has several books that provide strategies for you to use with your significant other, co-workers and people you meet in the community.

Lip-reading or speech-reading helps all of us whether we acknowledge it or not. If you have had any lip-reading training, it would be worth your time to sign-up for the next class at ACE with Betsy Rogers or join the on-going series that HLAS member Betty Petzko is leading at CCDHH.

Hearing Loops are also making a huge difference in theatres in our community. This system is the first development to ever improve the overall performance of hearing aids for the vast majority of hearing aid wearers, as measured by satisfaction studies in Europe and more recently in the U.S. Help our “Let's Loop SRQ!” movement and yourself by encouraging your favorite church, bank or pharmacy to consider a loop.

I encourage you to regularly attend our monthly meetings to learn about all of these techniques, as each one builds on another, where 1 + 1 can eventually add up to a 20% improvement in hearing.

For the New York Times article mentioned, click on:
<http://well.blogs.nytimes.com/2012/01/16/personal-health-lifelines-for-people-with-hearing-loss/?comments#permid=13>

Happy ears and best wishes, Ed Ogiba