

# Hearing News

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## Special points of interest:

- Why can't I understand my wife from the next room with these digital hearing aids?
- What is the best way for me to clean my ears?
- Buzz Aldrin - Astronaut
- Lemon Pie

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## What's new in hearing aid technology?

### Perseoby Phonak

*Perseo* is Phonak's latest high-end digital hearing system. The new technology is based on *PersonalLogic*, a concept for customizing hearing aid fittings. The result is a truly personalized solution for your hearing needs. In use, *PersonalLogic* continuously updates signal-processing parameters automatically, in response to acoustic information, listening situation classification AND the wearer's personal listening preferences. *Perseo* with *PersonalLogic* is available in all sizes from the small completely-in-the-canal to the sleek behind-the-ear model.



## Just in time for summer...

*Dry & Store* has made available their travel size hearing aid conditioning unit. Many of you have, or have read about, the *Dry & Store* moisture removal system that we at Physicians' Hearing Aid Center strongly recommend for hearing aids. We now offer two sizes, the *Dry & Store Professional* and the *Dry & Store Global*. The *Professional* debuted in 1997 and has kept many hearing aids out of the "shop" and functioning at their optimum. The newly introduced, small *Global* unit serves several needs as well. The *Global* is portable, easily adaptable for international travel, and it accommodates all hearing aids and body-worn processors of cochlear implant hardware. *Dry & Store* produced the custom-formulated *Dry-Brik®* desiccant for use with either model of the *Dry & Store* conditioning system. It is an essential part of the system, responsible for capturing both moisture and odor. These are also great gift ideas for people who wear hearing aids.



# Ask the Audiologists



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*Why can't I understand my wife in the next room with these digital hearing aids?*

There is an optimal distance for hearing. The best distance for hearing with amplification will be dependent on the type of hearing aids and other factors. However, a general effective listening range or effective “distance for hearing” is approximately 10 feet in diameter. People within this distance will be the most audible. Once the distance is increased between you and the speaker, it will get increasingly difficult for you to hear them - just like without the hearing aids. If you are not facing the person, other distracting noise is in the background, or you have a significant hearing loss you will not be able to hear them as well.

*What is the best way for me to clean my ears?*

There is a common misconception that the ears, or rather the ear canals, need to be cleaned. The ear is an amazing system, in that in most cases, it cleans itself. There are situations in which excessive wax accumulation needs to be removed; however, a visit to your physician or health care professional is the best choice for safe removal.

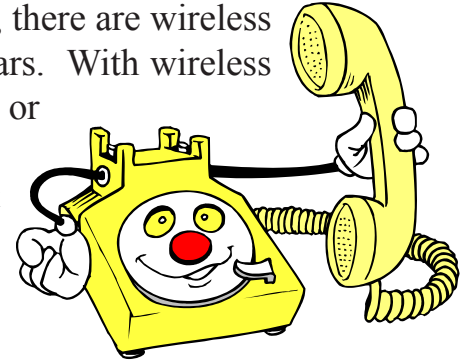
The use of cotton swabs for wax removal can be a counterproductive, if not dangerous, activity. First, cotton swabs can actually stimulate wax-producing glands to produce more wax. Additionally, cotton swabs can make the wax matter worse by pushing it deeper into the ear canal and causing a blockage in the ear canal. Perhaps the most important reason for not using a cotton swab (or any device smaller than your elbow) to clean your ears is the risk of puncturing your eardrum.

Wax is important in keeping the ears free of foreign materials and germs. It is the “cleaning agent” of the ear and serves important functions. For the health of your ears, it is important to seek professional assistance for the removal of wax in situations of excessive build-up that may lead to hearing difficulties or discomfort.

# Tips For Better Hearing

## Do you have trouble understanding your favorite television program?

You might be interested to know that there are assistive devices just for watching television. Certainly, if you wear hearing aids, they benefit you when watching television; however, there are some other devices available. Specifically, there are wireless headphones that bring the sound of the TV directly to your ears. With wireless headphones you are not bothered by distracting, competing, or ambient noises from your environment. A system like this comes with a transmitter that is plugged into the audio output jack on the back of your television. If you would like more information regarding the specifics of these devices, then **please call** and talk to our audiology department at:



817-784-6673 ext. 7

Someone Famous

**Buzz Aldrin**

Astronaut

Buzz Aldrin, the second person to set foot on the moon in the Apollo XI space mission with Neil Armstrong, has hearing loss. Dr. Aldrin describes his hearing loss as an “annoyance.” He believes that his hearing loss is inherited and caused by a bony growth in the middle ear portion of his hearing system. This type of ear disease is called otosclerosis. Dr. Aldrin says that his father had the same type of hearing problem. In addition to hearing loss caused by a middle ear abnormality, Dr. Aldrin admits to having some hazardous noise exposure, specifically from jet engines. At the time of his interview from which this information was obtained, he was in the processing of getting hearing aids.

This information comes from an interview with [www.audiologyonline.com](http://www.audiologyonline.com)

## Recipe Corner



### Lemon Pie

8 oz. cream cheese  
1/3 cup sugar  
1/2 tspn grated lemon rind  
2 Tbs lemon juice  
4 oz. thawed Cool Whip  
9 inch graham cracker  
crust

Beat cream cheese until smooth. Beat in sugar. \*Add lemon rind and juice. Fold in Cool Whip. Spoon into crust. Refrigerate until ready to eat—at least 2-3 hours.

\*Add more lemon rind and lemon juice to taste!

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*“Blindness separates us from objects but  
deafness separates us from people.”*

*-Helen Keller*

If you have internet access, you should check out this web site...

<http://www.hearingloss.org/index.html>

This is an informative website for people with hearing loss. Self Help for Hard of Hearing (SHHH) is the nations largest organization for people with hearing loss and this is their website. Happy surfing!