



www.chha-hamilton.ca  
chhahamilton2@gmail.com  
Founded 1986

# Canadian **HARD** of **HEARING** Association **CHHA-Hamilton** **HERE, HEAR!! Newsletter**

**Remember . . . You are not alone!**

**May, 2019**

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## **All roads lead to the HAMILTON HEARING & HEALTH FAIR**

**Date: Thursday, May 23rd, 2019**

- **ONE PLACE** for hearing health information for **YOU**
- Take advantage to chat with the experts.
- Obtain information on latest hearing aids and assistive listening devices.
- Free hearing screenings
- Mingle with other hard of hearing people; *hear* how they cope
- Prizes
- **FREE admission**, Free parking & Refreshments

**Time: 10:00 am to 12:00 noon**

**Location: The South Gate Church**  
120 Clarendon Avenue, Hamilton L9A 3A5  
Rear entrance door & parking lot accessed from Terrace Dr.

**Registration & info: chhahamilton@gmail.com or 905-575-4964**

**: ALL WELCOME!**

# President's Message



Hello everyone,

As I start my spring newsletter, we are clocking double digit temperatures for the second day in a row and likely soon we'll be wishing the cooler, less humid, temperatures back again.

We had a great meeting at the end of March with Kendra Di Bacco. The meeting was very well attended, and my hope is that everyone found the data presented very informational, and most importantly full of useful tips that one can apply to their own life. Personally, I was fascinated about the parallel drawn about dementia and hearing loss as well as hearing losses' impact on our balance and potential elevated likeliness of falling due to hearing loss.

I wanted to take a moment and thank everyone involved with CHHA-Hamilton; our volunteers for attending functions and representing CHHA-Hamilton; our speech-reader instructors who spend their time to help raise the standard of living for folks with hearing loss; our directors who show up early, setup and stay late to tear down after our meetings; our refreshment coordinators who spend not just their time but also their own funds ensuring we have refreshments at our meetings, and last but not least our members and guests who come to our events and make our effort have meaning.

**May is Hearing Awareness Month**, and we are having our Hearing & Health Fair. One thing we are doing this year, is making the event "open"- there will be no charge for entry. If you are reading the emailed newsletter and know someone who is suspecting issues with hearing and they don't know where to start, this event is the place to be, so please mark the date of **May 23<sup>rd</sup>**, 10-12 noon. And tell everyone who may have been interested. There will be a number of clinics represented, we will have an on-site hearing booth for testing, police will be there to cover the T911 feature on smart-

phones and much more.

I was reading recently an article in the Hearing Loss Journal regarding a clinical trial conducted by the University of Columbia. Study participants are trialing a drug called CGF166 as part of a trial which concludes in 2021; the trial is limited to 45 people. The exciting news, as I understand it, that there is some level of success in regenerating hair cells in some of the trial participants. Long way to go, but this is fantastic news for us who did not think that regeneration of hair cells are ever possible. 2021 is just not that far away and there is a slight, but still a hope that we will regenerate hair cells in my lifetime.

That's it for now. Hope to see you all at our future events.

## Trouble Hearing?



### Book your FREE hearing test today!

**Hamilton Downtown**  
25 Charlton Ave East Unit #402  
Call Erin at **1-888-464-4783**

**Hamilton Mountain**  
880 Upper Wentworth Street Unit #1-A  
Call Jessika at **1-888-716-2523**

**Hamilton West**  
1685 Main Street West Suite #150  
Call Karla at **1-888-717-7559**

**Stoney Creek**  
160 Centennial Parkway North Unit #1  
Call Sherry at **1-888-464-9364**



Formerly



TRUSTED PARTNER OF



No-cost hearing tests are provided to adults ages 19 and older. A fee will apply for a copy of your audiogram. Child hearing tests are conducted at select locations for a fee, please contact us for more information.

**Promo Code EVT-CHHA-HMLT**

Canadian HARD of HEARING Association—Hamilton Branch Newsletter—May, 2019

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# All roads lead to the Hamilton Hearing & Health Fair

Thank you to our generous supporters!



## Ask Mark . . .

**Mark not only wears hearing aids, he is also an Hearing Instrument Specialist.**

**Send *your* questions to Mark at [chhahamilton2@gmail.com](mailto:chhahamilton2@gmail.com)**

**Q** What is the best way to wear a hearing aid?

**A** This is a great question because it often is the reason that hearing aids end up in the drawer and not being used. Hearing aids help you hear things. Your brain does 100% of the understanding of things. If you have a hearing loss it has probably been many years since you have heard “normally” or with normal hearing thresholds.

The brain will take any unused portions and use them for other things like vision. If you’re not able to hear, the brain is not being stimulated, or at least less stimulated, in the sections that no signal is going to. This gets much worse if you choose not to do things because you can’t hear well when you do them; like social engagements, playing cards, going out for dinner with friends or having that soft-spoken friend over for a visit.

Wearing hearing aids stimulates your brain. The more positive stimulation your brain gets the better it works. Wearing hearing aids re-trains your brain to listen for the things you could not hear before and starts to receive signals to a portion of your brain that was previously under-utilized. This only works well with consistent use.

The “best” way to wear them is while you’re awake. This may seem silly but if you’re awake your hearing aids should be on. There are limited times where you wouldn’t want to wear them but in general if you’re awake you should have them on. I have people tell me that they can’t wear them because twice a week they mow the lawn, or they can’t wear them at work, etc. That is sometimes true but that doesn’t mean you can’t wear them at home or after work or before and after you mow the lawn.

The more you wear them the better they work. If there is a problem with the way they work take them back to your clinician.

We are here to help. Use us!



### **TINNITUS STUDY**

“*SAN DIEGO, CALIFORNIA* — Otonomy has [announced](#) the initiation of a Phase 1/2 clinical trial of [OTO-313](#) in patients with tinnitus. The randomized, double-blind, placebo-controlled Phase 1/2 study will include an initial safety cohort followed by an exploratory efficacy study that will enroll approximately 50 patients with subjective tinnitus.

OTO-313 is said to be a “sustained-exposure formulation of the potent and selective NMDA receptor antagonist gacyclidine”. According to the company, a Phase 1 clinical safety trial was previously completed for an initial formulation of gacyclidine, with no safety concerns

“Tinnitus is a common problem affecting millions of people,” said Susan Marena King, M.D., Neurotologist and Otologist at the Ear Medical Group in San Antonio, and Clinical Professor at the University of Texas Health Science Center. “The constant annoyance of tinnitus can negatively impact a patient’s quality of life by disrupting their ability to concentrate, enjoy leisure activities and obtain restful sleep. Unfortunately, we currently have no drug therapy to offer these patients. I am excited about the potential of OTO-313 and pleased to be part of the Phase 1/2 clinical trial.”

According to the company’s announcement, the results from the study are expected in the first half of 2020.

<https://hearinghealthmatters.org/hearingnewswatch/2019/otonomy-clinical-trial-oto-313-tinnitus/>



# It's your brain that hears

On Thursday March 28, 2019 the Canadian HARD of HEARING Association, Hamilton Branch, held a workshop on Hearing and the Brain with guest speaker, Audiologist, Kendra DiBacco. A graduate of Western University in London, Ontario, Kendra is employed with Hearing Life (formerly Listen Up Canada).

There is a lot of new research in the area of hearing and the brain. Kendra reminded us all that hearing loss does not only impact the ears, but the brain as well; "It's your brain that hears. Not your ears. Your ears deliver the sound." There are numerous signs of hearing loss, yet many people brush them off and do not follow up with a hearing test. "Hearing loss should not just be considered an inconsequential result of aging" Kendra stated. Common signs of possible hearing loss include thinking that people are mumbling around you, conversations become mentally draining because of the focus required to stay on top of what is being said, losing interest in going out in public and tinnitus. It takes only .02 of a second to process a sound. This is faster than we can see light or feel touch. Taking care of our hearing is important for our day to day communications.

When there is a hearing loss hair cells in the ear are damaged and sound is distorted. When this happens, the brain does not get all the information it needs. Kendra explained that when parts of a conversation are missing the brain may turn to contextual information (the topic being discussed), lip reading, facial expressions or hand gestures to fill in the gaps. The brain is compensating for the hearing loss. The lack of firing in the auditory cortex of the brain due to the hearing loss can lead to cognitive fatigue or decline in seniors. Overtime an untreated hearing loss can lead to brain atrophy (brain matter is lost). New research shows that hearing loss and dementia are related. As the likelihood of hearing loss increases so does the likelihood of dementia.

A 2017 study discussed ways to prevent dementia. The top four results were: get treatment for hearing loss, get treatment for depression, stop smoking and start exercising. The implications of this research indicate that people should get their hearing checked. Further, Kendra reminded us that when prescribed, people should wear their hearing aids full time; even when home alone in the quiet, things like a ticking clock, fridge running or a car going down the street keep the brain active and engaged. Wearing hearing aids can slow the decline of further hearing loss or resulting dementia. Hearing aids keep your brain fit! Finally, people should avoid loud environmental noises when possible and wear hearing protection when exposed to loud noises or music.

It was also interesting to note that for every 10-decibel loss in hearing the likelihood of a fall increased 140%. Gait, posture and balance are all improved with wearing your hearing aid.

What an excellent, informative presentation. The relationship between hearing and the brain is huge! Thank you to Kendra for her time and energy in sharing her knowledge with all of us at the Hamilton Branch of the Canadian HARD of HEARING Association.

Respectfully submitted, *Sandra Mallett*  
Public Relations Co-ordinator,  
Haldimand Abilities Centre



# WARNING

## Buying Hearing Aids from the Internet?

### Serious Health Risks

In Ontario, a prescription is required by law prior to a hearing aid being dispensed.

- Without obtaining the assistance of qualified hearing healthcare professionals, you will not have obtained proper testing, selection, counseling and dispensing.
- Hearing Aids are a Class II Medical Device which must be approved by Health Canada to ensure they are safe and effective.
- Hearing aids over the internet may be counterfeit, cause serious infections, be recalled due to safety concerns or have missing parts.



Be Safe. Love Your Ears !



helpmehear.ca

# Cochlear Implant



**You are invited** to join us

## The 10th annual Meeting

of the

**C.I. recipients of the Ontario South  
West Regional**

## Cochlear Implant Club

**Sunday June 23rd, 2 - 4 pm**

**Brant Hills Community Centre**

2255 Brant S - Burlington

- ◆ Members—no charge
- ◆ \$5 for non-members
- ◆ Captioning available
- ◆ Free parking
- ◆ Refreshments
- ◆ **ALL are welcome!**
- ◆ To register: [chhahamilton2@gmail.com](mailto:chhahamilton2@gmail.com)  
or (905) 575-4964

**MED<sup>®</sup>EL**

# Golf Fun

**Connect  
Hearing**  
YOUR HEARING PROFESSIONALS



*presents*



**Canadian Hard of Hearing Association  
HAMILTON**

## 7<sup>th</sup> Annual FUNdraiser Golf Tournament

**Saturday, September 7, 2019**

**\$75 includes 9 holes,  
cart & dinner  
\$25 dinner only**

**Tee off – 4 pm**

**Dinner – 6 pm**

**Oak Gables Golf Club**

**1505 Wilson St., Ancaster, L0R 1R0**

**Rain or shine**

**Register online at [www.chha-hamilton.ca](http://www.chha-hamilton.ca)**

**call 289-208-4423 or**

**E-mail [robdiehl@gmail.com](mailto:robdiehl@gmail.com)**



**Cochlear®**

*Hear now. And always*

# WHY JOIN CHHA?

- We offer Lip/speech reading classes to assist you in communicating
- We are advocates for those who suffer from hearing loss
- We host events that help build community amongst hard of hearing individuals
- We raise funds to assist the hard of hearing in our region

All of these projects help us to fulfill CHHA's mission to make the community a better place for the hard of hearing.  
Please renew your membership *or* join us for the first time and find out what CHHA is all about.



To keep our association strong we have to know that *you* are supporting us by becoming a member.

*Craig Ellis,*

Membership Chair

## **CHHA-Hamilton Membership Application & Renewal Form**

Your Membership is due effective ***now*** to – August 31, **2020**

**Please mail this form with your payment to:**

CHHA Membership, 762 Upper James, Box 122 Hamilton, ON L9C 3A2

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/Postal Code: \_\_\_\_\_

Telephone: \_\_\_\_\_ e-mail: \_\_\_\_\_

Age: 19—30 \_\_\_\_ 31—50 \_\_\_\_ 51+ \_\_\_\_

**I hereby apply for one of the following memberships (please check one):**

Individual Membership: \$35.00 / year      Family Membership: \$50.00 / year

Lifetime Membership: \$350.00 plus \$5.00 / year

*Make cheques payable to: CHHA-Hamilton*

**Donations to CHHA-Hamilton** may be made in memory of loved ones and friends.

Tax receipts will be issued and announcements sent to the family.

Charitable Reg. No. 89647 8419 RR0001

***Remember . . . You are not alone!***