



May 2019

Renew your membership to our local chapter for only \$15 a year! 3 ways to renew: pay at the Reception Desk, see Len Bridges, our Treasurer, at a meeting, or send your renewal with your name, address, phone number, and e-mail to: East Bay Chapter, HLAA, P.O. Box 12484, Oakland, CA 94604-12484

See back page to sign up and support National HLAA.

MEETING INFORMATION FOR SATURDAY, May 11, 2019

Topic and Speaker: Our speaker is *Attorney Steven Derby*, whose law practice is exclusively devoted to people with disabilities; his own family has dealt with a hearing disability. He tells how best to deal with unfair treatment in society.

Schedule:

9:00 a.m. - Set up: We always love to have you come early to help!

9:30 a.m. – Refreshments, coffee and tea will be served.

10:00 a.m. - Meeting starts: Introductions, Announcements, speaker.

NOTE: Meeting is captioned, and the room is looped. You won't miss a word! Use the hearing-loop system by turning your hearing aid(s) to the Telecoil (T-coil) setting. Thanks to Peter Townsend, Steve Ulrich and the team for setting up our room, the audiovisual, and the captioning.

11:30 a.m. - Meeting adjourns.

How to find us: Come to the Fabiola building, 3801 Howe Street, Oakland. Free parking is available across the street, in the Kaiser parking structure. From the garage, walk across Howe Street and go into the Fabiola building. Take the elevator down to the ground floor and go to Room G26. For directions to Kaiser, call 510-752-1000.

HLAA-EB will post to the California State Association webpage and our website

Check out our website: <http://www.hearinglosseb.org/>

Contact us: info@hearinglosseb.org

MEETING NOTES: *A Medical Doctor Addresses Issues Related to Hearing Loss*

At our April 13, 2019 meeting, our guest speaker was Dr. Herbert H. Dedo, M.D., a medical doctor formerly of UCSF Medical School for 45 years. During that time, Dr. Dedo served as Chief of Head and Neck Surgery, where he also taught medical students and ENT residents. In addition to inventing many new surgical procedures and instruments, Dr. Dedo has published over 100 papers, presented over 200 lectures from Australia to Stockholm, and received several awards for his numerous accomplishments. Based on his own personal circumstances and his



many professional experiences, Dr. Dedo addressed hearing loss problems and related ear disorders, such as Meniere's Disease.

Hearing Loss Problems:

Initially, Dr. Dedo started off his discussion by polling the EB Chapter members in the audience, asking: "How many of you are here because of balance or vertigo problems? How many are here because of hearing loss?" He then went on to admit that . . . "I'm one of you, too" . . . explaining that his own hearing loss was probably due to his trying to play the bagpipes for ten years when he was very young. Back in the 1950's when he was in medical school, he did use hearing aids, but "in the old days," they were more like hearing trumpets that fit in the ear hole and came out with a big opening on the end, like the opening on a tuba. The early hearing aids helped to increase the volume, but didn't help him so much in clarifying people's speech. There are two aspects of hearing, which may not be the same in both ears.

- 1) Volume = How much the loudness needs to be increased to get it through the damaged inner ear.
- 2) Speech Discrimination/Clarity = How many words you understand correctly when 25 words are read to you.

Ways to Live with Hearing Loss:

Dr. Dedo said he now relies on his Oticon hearing aids that can be re-programmed by his audiologist about once a year as his own hearing has continued to gradually go down through the years. Nevertheless, Dr. Dedo has found that even the best hearing aids won't get your hearing back to where you were when you were very young, and therefore, you cannot expect to have perfect hearing once again. However, Dr. Dedo shared some tips for living with hearing loss.

- ✓ Avoid unnecessary exposure to loud noise (e.g., 60+ decibels) that can damage your hearing.
- ✓ Use good earplugs that can cut down & help protect you to some degree from very loud music.
- ✓ Get good hearing aids that will not only increase the sound volume, but also improve speech discrimination.
- ✓ Don't try to talk to someone who is talking to you through a doorway and a room or two away from you.
- ✓ Ask people to face you when talking so you can watch their mouth, & you can do some informal lip reading.
- ✓ Beware of certain high frequency words (e.g., "so" vs. "foe") where the difference is quite subtle to detect.

Meniere's Disease/Syndrome:

Noting that several audience members had questions about Meniere's Disease, Dr. Dedo proceeded to provide a detailed description of this ear disorder, its symptoms and treatment. Meniere's Disease or Syndrome is a disorder of the flow of fluids of the inner ear that can cause severe dizziness/spinning sensation (vertigo), ringing or roaring sound in the ears (tinnitus), sensorineural hearing loss that can come and go, and a feeling of pressure or pain in the ears. A diagnosis of classic or suspected Meniere's Disease is typically made based on a careful history and physical exam. Usually Meniere's Disease affects only one ear, but it may affect both ears. Dr. Dedo explained that although there exists no magic pill to cure Meniere's Disease, you might try some of his suggestions for alleviating its symptoms:

- Follow a low-salt diet
- No caffeine (no coffee, tea or cola)
- Don't drink red wine
- * Take an antihistamine (e.g., Dramamine)
- * Minimize stress & try to stay healthy overall
- * Be patient – 70% of people get better over time

Greco-Roman Eye, Ear, Nose, & Throat Surgical Instruments:

In wrapping up his presentation, Dr. Dedo proudly demonstrated his amazing collection of Greco-Roman eye, ear, nose & throat surgical instruments that includes: 3 myrtle leaf-shaped scalpels, 3 ear spoons, a “Q-tip,” a forceps, a needle, and 2 arrow pointed scalpels. Going beyond traditional archeological claims, Dr. Dedo has relied on his vast experience as a head & neck surgeon in evaluating and verifying the authenticity of these ancient medical tools. If interested, please see Dr. Herbert Dedo’s full journal article at: *Laryngoscope*, 127: 354-358, Feb. 2017.



~ Kathy Fairbanks

AARP Provides Information for Hearing Impaired

In case you missed it, the April 2019 issue of the AARP “Bulletin” had an interesting and informative set of short articles on hearing aids. They discussed the latest technology that is available and mentioned the future possibility of over-the-counter hearing aids, without having to go through an audiologist. Some other future improvements might include smart phone apps that let the user adjust frequencies, and hearing aids that will connect directly to your TV, computer or smartphone.

There was also an explanation of how a typical behind-the-ear hearing aid works and a short discussion of why hearing declines as we age. The article included a very brief review of why Medicare doesn’t cover hearing aids. There is no real explanation for this, but did you know that just 6 companies control 98% of the US hearing aid market? Certainly we are all aware of how extremely expensive it is to get hearing aids under our present system.

AARP puts a lot of its effort into lobbying Congress on issues that particularly affect older Americans. On this issue, the HLAA (national) is also working with AARP to get more sensible laws enacted. For now, both groups emphasize the importance of getting your hearing tested and of being aware of the kinds of things that can eventually lead to hearing loss.

~ Deb Bender

Editor’s Note: AARP has a Hearing Center with lots of information [here](#) or use this URL: <https://www.aarp.org/health/conditions-treatments/hearing-resource-center/?intcmp=GLBNAV-SL-HEA-CND-HRC>

The **HLAA National Convention for 2019** will take place in Rochester, NY, June 20 – 23, 2019.

Some events to look forward to:

Exhibit Hall: Many vendors will be on site to show you the latest in hearing loss aids

Keynote Speaker: Rebecca Alexander, psychotherapist, disability rights advocate, group fitness instructor, and extreme athlete. She is also the author of *Not Fade Away: A Memoir of Senses Lost and Found*.

Workshops: Hearing Assistive Technology, Genetics and Hearing Loss, and more

Research Symposium: The Latest on Genetics and Hearing Loss

Outings: A Night at the George Eastman Museum, a visit to Niagara Falls

Banquet: Cheers to 40 Years! HLAA Anniversary Celebration and Awards Gala

Click [here](#) to check the program and register. Or use this URL: www.hearingloss.org/programs-events/convention. Reservations for rooms are open [here](#) at the Hyatt Regency Rochester. (or use this URL: www.hyatt.com/en-US/hotel/new-york/hyatt-regency-rochester/roche?corp_id=G-AMHL) Use promo code: G-AMHL.

HEARING AID BATTERIES!

Gerry Niesar or another Costco member can get them at 17 cents apiece! Your old batteries can be recycled by putting them in a plastic ziplock bag and placing on top of your recycling waste container on your trash pick-up day. Batteries are considered hazardous waste and may not be thrown in the regular trash.

OR Join hearOclub which is a hearing aid and cochlear implant battery subscription service which delivers DieHard brand batteries on a set schedule (with free shipping!). Sign up for a hearOclub subscription and receive **\$30 worth of free batteries plus a battery tester keychain - a \$40 value**, exclusive to HLAA members! Use the coupon code **HLAAmember** online at hearoclub.com or by calling 833.LISTEN-2 (833.547.8362). If you cannot get out easily, batteries are delivered to your address!

DONATE USED HEARING AIDS and/or HEARING EQUIPMENT! To donate, place them in a ziplock baggie and give to the person at the reception desk at the next meeting. These items will benefit low income persons through the Lions Club "Ear of the Lion" program which refurbishes them. For more information, talk to Dale Davis at a meeting or ddavis94605@gmail.com. **NEW!** Applications for hearing aids from Ear of the Lion available at the information table.

East Bay Leadership Team

The chapter is run by a Steering Committee, Leader Dale Davis, ddavis94605@gmail.com

Advocacy: Gerald Niesar, gniesar@nvlawllp.com

Outreach: Susan Jeffries Fitzgerald, susanlj29@gmail.com

Recording Secretary: Rotation (Volunteers)

National Chapter Coordinator/Liaison: Susan Jeffries Fitzgerald, susanlj29@gmail.com

Treasurer: Len Bridges, lenbridges3993-hlaa@outlook.com

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HEARING LOSS ASSOCIATION OF AMERICA

YES! I want to join or renew membership in National HLAA, entitling me to the magazine *Hearing Loss*, and a number of discounts. Membership also means I'm supporting advocacy for people with hearing loss nationwide.

Individual \$35 Family \$45

Name: _____ Street: _____

City, State, Zip: _____ Phone: _____

E-mail: _____

Send to: National HLAA, 7910 Woodmont Ave., Suite 1200, Bethesda, MD 20814

Or join online at www.hearingloss.org/content/join