



Hearing aid use lowers fall risk: interview with Laura Campos, AuD, PhD

HearingHealthMatters.org
August 17, 2023

Falls are one of the costliest mishaps affecting older adults, and there is evidence suggesting a link between age-related hearing loss and falling. Dr. Laura Campos, a clinical audiologist at the University of Colorado, recently joined Brian Taylor to discuss her study's focus on hearing aid usage and the potential for reduced fall risk in older adults.

*The research revealed that individuals with hearing loss face a **2.4 times higher risk of experiencing a fall** compared to their normal-hearing counterparts.*

Dr. Campos and her team investigated whether hearing aid use could mitigate this risk. The study findings demonstrated that individuals who consistently wore hearing aids, particularly for at least four hours a day, exhibited a significantly lower likelihood of experiencing falls. While the study couldn't establish causality, it underscored a strong association between consistent hearing aid usage and reduced fall risk. Dr. Campos emphasized that incorporating discussions about the potential link between hearing loss, cognitive decline, and falls into clinical practice could offer valuable insights for clinicians. She also highlighted the need for further research to uncover the underlying mechanisms driving these associations and the potential for using objective outcome measures to track the impact of hearing aid usage on fall risk over time.



Join us on September 14 for our monthly social meeting

Join our friendly monthly meeting at the Los Altos Hof's Hut. We've reserved space on the patio, away from street noise.

Bring your news, questions, or concerns about hearing loss, or just come to eat and visit. We hope to see you!

4:00 pm, Thursday, September 14

Hof's Hut, 2147 Bellflower Blvd., LB

Free parking in the lot behind the restaurant

Chapter Calendar

September 14 at 4:00

Chapter social meeting at Hof's Hut

September 27 at Noon

Board meeting on Zoom

Lip reading: Wednesdays, 9:00-11:30 a.m. at Weingart Center.



Click the link below to take you to the original article, where you can view the 18-minute interview, or you can read the Full Episode Transcript of the interview.

<https://hearinghealthmatters.org/thisweek/2023/hearing-aids-reduce-fall-risk/>

Register for Zoom meetings from our sister HLAA chapters

HLAA East Bay Chapter

Impact of Hearing Loss on Music Enjoyment

Saturday, September 9, 9:30 am

Presenter: Isaac Alter, medical student in the Department of Otolaryngology - Head & Neck Surgery (ear, nose, and throat surgery) at Columbia University.

Isaac will discuss his work with Dr. Anil Lalwani and Dr. Alex Chern examining the effect of hearing loss on music enjoyment. He will talk about the current state of research and what the group has found in the past, as well as their recruitment of individuals who use hearing aids or cochlear implants to participate in their current study.

[Pre-register for Zoom meeting](#)

HLAA Peninsula Chapter

Different Hearing Losses & Technology Options for Each

Monday, September 11, 1:30-3:00 pm

Presenter: Debbie Clark

A discussion of options: conventional and OTC hearing aids, Lyric, EarLens, cochlear implants

[Join the Zoom meeting here](#)

Meeting ID: 867 2454 3682

Passcode: 591566

HLAA North Bay Chapter

Noise in Hospitals

Tuesday, October 10, 4:00-6:00 pm

Presenter: Dr. Alex Chern, Fellow at Johns Hopkins Medicine

Dr. Chern will share his thoughts on how excessive noise levels throughout the hospital can harm the physical and mental well-being of staff and patients and the steps that can be taken to prevent constant loud noise exposure. Dr. Chern worked with HLAA member Zina Jawadi MS, medical student at David Geffen School of Medicine at UCLA to publish their study with the Association of American Medical Colleges: [read article here](#)

[Pre-register for Zoom meeting](#)

Information: (415) 710-7281



PRESIDENT'S MESSAGE

from **Gail Morrison**

Become a member!

I just renewed my membership dues in HLAA. I thought that I'd paid it in March, but after checking my account, HLAA was right! They're on the ball!

I've been a member since 2006 and so glad that I joined. I'm one of 48 million Americans living with hearing loss and am now an advocate. HLAA provides a number of membership benefits and other incentives to keep me connected to our community including receiving the Hearing Life magazine. (Take a look at the current issue [here](#).)

HLAA also offers the following to keep members like me informed, educated and to offer support:

- *Hearing Life e-News*: current information on hearing loss and HLAA events, delivered to my inbox twice a month. (Sign up for it [here](#).)
- *Facebook Official Community & Support*: online and special interest groups that connect to a nation-wide community for support and sharing of ideas.
- *A Calendar* to find out more about HLAA national and local events.
- *Chapter and state organizations* that offer local support for HOH people.
- *Educational Webinars and Virtual Meetings* that include recordings of past webinars and meetings for more resources and support. (Browse webinars and recordings [here](#).)

You're probably thinking: HLAA does all this? Yes! And this is why I paid my dues. I'm still learning about hearing loss and the journey has been a positive one. I'm so glad that I joined. Won't you join, too?

Visit [this page](#) to join the national HLAA organization or to renew your membership.

Annual membership fees:

Individual \$45
Couple or family \$55
Veteran FREE
Professional \$80

Hear with your eyes: A review of live captioning glasses and the vision of making conversation easier for all

Caryl Sygrove, HearingTracker.com
August 16, 2023

Step into a new era of communication with AR live captioning glasses—where real-time transcription and AI bring conversations to life before your eyes.

Have you ever struggled to communicate in social situations—bars, restaurants, work meetings—due to hearing loss? Wouldn't it be wonderful if real life came with captions, so you could see a transcript of conversations in real-time right before your eyes? Well, this is no longer a futuristic notion, but rather something that is being made possible with augmented reality (AR) glasses.

In today's world, there are automated captions everywhere. We see them on YouTube, Social media platforms, and video communication services like Google Meet, Zoom, and FaceTime. Closed captioning can make a huge difference for people with hearing loss who want to follow a TV show or understand a video call.

AR is an enhanced version of a real-life environment using digital visual elements, sounds, or other sensory stimuli. Live-captioning glasses use AR to project onto your glasses, inserting a discreet captioning service into your real life.

AR captioning glasses can assist you in your everyday communications, meaning you no longer need to rely on body language and speechreading to fill in any missing keywords in conversation and can enjoy communication with relative ease. You simply pop on the captioning glasses and can “see” the conversation happening in your field of vision—just like watching television with captions.

Although captioning glasses have been around for a few years now, initial prototypes were aesthetically “chunky” and would not have been comfortable to wear for long periods. Increasingly, they are becoming more lightweight, and some even boast new innovative features beyond captioning. This means they can be worn for a whole host of different situations, such as conversations, the cinema, theater, lectures, meetings, or when you're at home watching TV.

Click on the following link to continue reading the rest of the article for descriptions, comparisons, photos, and features of five captioned glasses under development: [HearingTracker - Hear With Your Eyes](#)



The hearing loss zodiac: What do the stars tell us?

Gael Hannan, HearingHealthMatters.org
August 14, 2023

Do you read your horoscope? I like to peek at mine now and again, because not only am I not psychic, sometimes I have trouble knowing what's going on now, thanks to my hearing loss, which wipes out some of the clues.

Sometimes my daily horoscope is a bullseye and other times it's so far off I wonder if my parents got my birthdate wrong.

Take today's (un)helpful tidbit: *You will enjoy a harmonious atmosphere made possible by the celestial dance of Uranus and Pluto.*

Despite my lack of clairvoyance, I figure I can write horoscopes just as well as any ol' Madame Zucchini, Diviner of the Stars. So with all due respect to astrology believers, here are tomorrow's horoscopes for people with hearing loss.

Aries, March 21 – April 19: You are usually a leader, ahead of the curve – yet you're way overdue for your annual hearing checkup! Quit being naive, Aries; your stars are lining up to say that your hearing has not improved, and if you don't get that hearing aid cleaned soon, it will dissolve and become one with your earwax.

Taurus, April 20 – May 20: Although you like to socialize, people can find you aloof and boring. Stop trying to hide the real issue– you have hearing loss. Your fear and frustrations are normal, but don't be Bull-ish: open up about your hearing challenges, and you'll find that people want to communicate with you – just let them know what you need (repeat when necessary).

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hearing loss zodiac

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Gemini, May 21 – June 19: Stop talking! Geminis have earned their zodiac reputation of being incessant talkers, typical of many people with hearing loss. But if you stop talking, you'll have to listen – and understanding what's being said is often tough for you. But quit sucking all the air out of the room and open up a dialogue.

Cancer, June 21 – July 22: Love and romance mean everything to you and hearing loss has certainly caused problems in that department. You've had to trade candlelit ambiance for the bright lights of easier speechreading. Quit feeling sorry for yourself; you are loved for who you are, not how well you understand whispering in your ear, so no more faking, please.

Leo, July 23 – August 22: Ah, Leo, the charismatic leader, is your pride getting in the way again? So what if others can see your hearing aid. You're the trend-setter – you're wearing the most amazing electronic wizardry that ever entered human ears! There's no shame in having hearing loss – only in trying to hide it. Lead the way, Leo!

Virgo, August 23 – September 22: Your goal in life is 'to do the right thing', so is hiding your hearing loss the right thing for your career? Shine your own work-light: ask for hearing access and communicate like a pro at the office.

Libra, September 23 – October 22: Libra, you expect a lot from life – and your hearing technology! First you weren't happy with the hearing aids and now it's the cochlear implant thing. Time to give your (electronic) head a shake with some new and positive attitudes about your communication.

Scorpio, Oct 23 – Nov 21: You are powerful and possess the need to triumph –even if it means masking your true feelings. You seem to say 'no'

when you mean 'yes' – face it, Scorpio, you're a hearing loss bluffer! Here's the stinger: people can see through it. If you can learn how to bluff less, that's a triumph worth clicking your claws about!

Sagittarius, Nov 22 – Dec 21: When you set your sights on something, you go out and get it. Sometimes you drive other people a bit crazy, but you don't let your severe hearing loss get in the way of the good life. You're at the top of the communication game, but one of your burnouts is coming on. Hearing loss soaks up a lot of energy, so rest your eyes and mind and spirit at the end of a long day of hearing challenges.

Capricorn, Dec 22 – Jan 19: You're the original mountain climber, always striving to go higher. But are you too focused on being the world's most-knowledgeable, best-coping, most-damn-articulate person about hearing loss? You've already got their admiration, so give your family and friends a break and talk about something else besides your issue. (You can still remind them to speak up.)

Aquarius, Jan 20 – Feb 18: Aquarians are renowned for marching to a different drummer. This actually may be tinnitus. Noise in the head can be crazy making, so reach out for help – to your audiologist and to other people with this same condition. Join a hearing loss consumer association and share the drum music.

Pisces, Feb 19 – March 20: With your fishes pulling you in opposite directions, you're living in a fantasy world. Stop waiting for that cure that's just around the corner; invest in hearing technology that will give you a better quality of life, now. Life is to be lived and if you have already known the beauty of sounds, don't store them in a memory box. Go for it, it's in the stars.

<https://hearinghealthmatters.org/better-hearing-consumer/2023/whats-in-our-hearing-loss-stars/>



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Or call for more information: (301) 657-2248

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Questions? Contact us!

Email: info@hlaa-lb-lakewood.org

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