



Better hearing for a sound future

The amazing advances you hear about in medicine and other health care professions are happening in hearing care as well. We endeavour to enable people to resume social activities that their hearing loss had precluded. And, every year, hearing aids introduce huge new improvements.

Hearing devices are continually improving in eliminating background noise. The frequency transposition of speech cues will get much better, Bluetooth transmission brings in clearer, noise-free signals. And, as these dramatic improvements are taking place, hearing aids are getting even smaller and more patient-friendly.

Hear well – Everywhere!

Understanding speech in the most challenging listening situations is what people with hearing loss want. Whether in a conversation, on the telephone, or perhaps watching television, overcoming these difficult scenarios has proven to be a real challenge – that is, until now...

AutoSense OS is the new automatic operating system, introduced with Phonak Venture. AutoSense OS is designed to automatically adapt to your listening environment, allowing you to seamlessly move from one listening situation to another without manually touching your hearing aid. ***So all you have to do is put them on, forget them and always enjoy the best possible listening experience.***




Discover the benefits of new Lyric3 hearing innovations in 2016

Lyric™ by PHONAK

Lyric 3.1 technology is designed to provide more natural sound. Manufacturer research has found that 94% of users would recommend Lyric to a friend or loved one.

Key features:

- **100% invisible**
- **Clear, natural sound**
- **No daily hassles**
- **No batteries to change**

Season's Greetings



The Hearing Innovations team wishes you Season's Greetings and a very happy New Year. We will be taking two weeks off to catch up with family and friends during the festive season.

Our last day of appointments this year will be 24 December. The clinic will be closed from 25 December 2015 and will reopen Monday 4 January 2016.

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Din and dinner: Are our restaurants just too noisy?

Bare walls, concrete floors, thumping music - restaurants are getting noisier as they chase that elusive buzz. Now, experts warn, we're risking not only our hearing but even our sense of taste.

Noise in restaurants is a growing problem worldwide. Architects and restaurant designers used to go to a great deal of trouble to make intimate spaces where people could go to make conversation. You go to restaurants to be social. These days, you often come out none the wiser of what the other person has said.

A classic fine-dining restaurant of the recent past has drapes by the windows, carpet on the floor, textured wallpaper and linen on the table. All those materials absorb sound. But these are expensive to install and maintain. Minimal is much cheaper – but it's very noisy.

Avoid the noise: dos and don't's.

Hearing Innovations offer tips for diners on how to avoid noise in restaurants

- ✗ Bare walls, floors, tables and windows mean a noisy restaurant. Add people and it's a reverberating noise box. Avoid if you want intimate conversation but enjoy if you like a rowdy night out.
- ✗ Don't sit near speakers, open kitchens or coffee grinders. Outdoor areas can have a lot of background noise, such as traffic and aircraft.
- ✗ Don't dine in the dark. Even people with perfect hearing read lips and facial features to some extent.



Noise has been proven to affect one's ability to taste. An experiment performed in England's University of Manchester that shows that high levels of background noise reduced a taster's ability to detect salt and sweet foods, but increased their enjoyment of crunchy foods. Trying to detect taste in such a confusing cacophony makes concentrating on the tongue alone almost dizzying.

The original University of Manchester experiment was extrapolated to explain why food on planes tastes so bland – the muffled roar of jet engines is similar in frequency to white noise. It could also help explain why modern, popular, noisy restaurants serve sweet, salty and sharp-tasting dishes!

- ✓ Check reviews online at goodfood.com.au or use apps such as *Yelp*, which provides information on a restaurant's noise levels. If the review mentions the words "lively", "noisy" or "hubbub", be prepared.
- ✓ Ask for a quiet table.
- ✓ Download the free app, called *Decibel 10th* to measure the noise levels in your environment.

Tinnitus, hyperacusis and misophonia

Robin Laing, Deborah Pallett and Isabelle Pallett recently attended a 3 day Tinnitus, Hyperacusis and Misophonia workshop in Melbourne. It was an informative weekend led by both international and local experts in the field.

Tinnitus is an awareness of an internal sound (usually ringing or buzzing) in the absence of an external noise. 20-30% of the population become aware of tinnitus at some point in their lives. Hyperacusis is an abnormal intolerance towards certain sounds which other people can tolerate comfortably. Misophonia is a strongly aversive 'hate' response to specific sounds, irrespective of the volume, which results in high levels of irritation, intrusion and anger.

The goal of treatment is to develop a self-managed habituation and desensitisation program. Relief can be found with sound therapy and/or amplification if there is an associated hearing loss.



If you suffer from tinnitus, hyperacusis or misophonia and want to find relief, talk to one of our experienced audiologists on 9327 6611.



HEARING
INNOVATIONS



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