

Better Hearing Australia

The National Spotlight

Placing the Focus on Hearing Loss



Better Hearing Australia (National) Inc.

www.betterhearingaustralia.org.au

September 2014

Edition 3



Better Hearing Australia National Spotlight - Edition 3, September 2014

Welcome to the September 2014 Edition of Better Hearing Australia's The National Spotlight. In this Edition you will find -

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IMPORTANT DATES –

Better Hearing Australia National AGM in Adelaide, October 4th 2014

Better Hearing Australia 67th National Conference in Perth, October 16th – 18th 2015

BHA is a national consumer led organisation, assisting all people with hearing loss. As a national body we work together through our Branches to deliver supportive services, and promote awareness and advocacy in Australia.

The Better Hearing Australia National Spotlight is the official publication of **BETTER HEARING AUSTRALIA (NATIONAL) INC.**, a National not for profit Incorporated Association with branches and members in each Australian State. We assist all people in Australia with a hearing impairment and work to enhance wellbeing by developing good communication and life solutions through the provision of education, support and advocacy. Should you wish to be a financial member of Better Hearing Australia Inc., please contact your branch in your State. Details are on the last page of this publication.

Opinions expressed in the BHA National Spotlight do not necessarily represent those of Better Hearing Australia (National) Inc. Publication of an advertisement does not imply endorsement by Better Hearing Australia (National) Inc. or its Branches.



Cochlear celebrates its 10,000th Australian Cochlear implant recipient

Cochlear has announced the recipient of its 10,000th Cochlear implant in Australia: 45-year-old Christine Dougall (pictured) from Runcorn in Queensland.

It has been more than 30 years since Professor Graeme Clark (**Patron of Better Hearing Australia**) began the hearing

revolution that became Cochlear's life-changing technology, the cochlear implant. This week Christine had her Cochlear implant switched on at the Mater Cochlear Implant Clinic in Brisbane.

"I've been looking forward to hearing my children and family," says Ms Dougall. "To be the 10,000th recipient in Australia means it's not just a hearing celebration for me, but for everyone involved at Cochlear. I'd also like to thank the staff at Mater who have helped me on my hearing journey."

Christine was born with normal hearing but started to lose her hearing from five years of age. She has lived with a profound hearing loss in both ears from 16 years of age and has been heavily dependent on hearing aids and sign language to communicate with her family and friends.

Many members of her extended and immediate family, including one of her children, are hearing impaired, and Ms Dougall is the first person in her family to receive a cochlear implant.

"I work at Indooroopilly High School as an Auslan Language Model helping children in the classroom to understand the class teacher," says Ms Dougall. "But I've had to reduce my work hours after I injured my wrist which has also limited how much I can use sign language."

"I'm looking forward to my Cochlear Implant improving my ability to communicate, through listening and speech. I'd also like to be more confident when socialising with my hearing friends," says Ms Dougall.

Dr Belinda Henry, Audiologist at the Mater Cochlear Implant Clinic, and Ms Dougall's Audiologist, says that hearing loss affects millions of people worldwide, with potential implications for their communication, and therefore their health and wellbeing, as well as their social, recreational and work participation.

"Not being able to hear can lead people to withdraw from social situations and can have significant consequences at work," Dr Henry says. "Research from Access Economics states that one in six Australians is hearing impaired, a figure expected to rise to one in four by 2050 due to the ageing population. There are also ongoing studies looking at the link between hearing loss and cognitive decline as we age."

"To reach 10,000 Cochlear implant recipients in Australia is a fantastic milestone," says Shaun Hand, General Manager of Australia and New Zealand, Cochlear Limited. "It took 25 years to reach our first 5,000 recipients, but just five years for the next 5,000 recipients, as acceptance and demand for Cochlear Implants gain momentum. More and more people trust their hearing to Cochlear."

Mr Hand thanked the Queensland Government for their support and work they have done to increase funding for cochlear implants. Today, 2,000 Queenslanders are hearing again, or for the first time, with a Cochlear solution. He says it is a privilege for Cochlear to have assisted so many Australians with the gift of hearing, but there is still more work to be done.

"In reality, this is just the tip of the iceberg," says Mr Hand. "According to data from the World Health Organisation, over 120,000 adults and children with a severe to profound hearing loss could benefit from a cochlear implant in Australia, and millions more could benefit worldwide."

"It's time to break the silence," says Mr Hand. "We are committed to helping more people get access to implantable hearing technology by continuing to work together with government and hearing and healthcare professionals to enable more Australians to experience the life-enhancing benefits of Cochlear solutions."

Hear now. And always





Better Hearing Australia Patron



Graeme Clark AC, FAA, FRS, (Hon) FRCS

With Cochlear celebrating their 10,000th implant recipient it seemed a good time to showcase our talented Patron of Better Hearing Australia, Graeme Clark.

Graeme Clark led the research that resulted in the first clinically approved multiple-channel cochlear implant, providing speech understanding in profoundly deaf people. His basic research was also crucial in establishing this could be achieved safely, including a minimal risk of meningitis. It thus became the first sensory-neural prosthesis to effectively bring electronic technology into functional relationship with the central nervous system and human consciousness. His

research also established that the multiple-channel implant provided effective speech perception and language in profoundly deaf children, and it was thus the first major advance in helping these children communicate in the last 250 years.

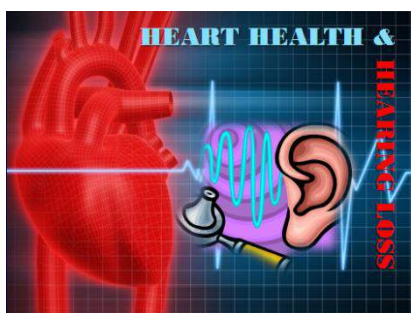
For his research, Graeme Clark has received numerous national and international awards and honours, including the Prime Minister's Prize for Science and Fellow of the Australian Academy of Science, Fellow of the Royal Society, London, an Honorary Fellow of The Royal Society of Medicine, and an Honorary Fellow of The Royal College of Surgeons. In 2007, he was awarded the Zülch Prize from the Max Planck Society, Germany's highest award in neuroscience, in 2010 he was awarded the Lister Medal, the most prestigious prize in the world for surgical science, and in 2011 the Zotterman medal from Nobel Institute for Neurophysiology, Karolinska Institutet, Stockholm, and the CSL Howard Florey medal, Australia's top award in medical science. In 2013 he was a co-recipient of the Lasker-De-Bakey Award for Clinical Medical Research (referred to as the American Nobel).



Better Hearing Australia 2014 Lip Reading Challenge

The Better Hearing Australia Lip Reading Challenge DVD has arrived in BHA Branches! Contact your Branch to take the Challenge, and enter the competition if you choose.





Heart Health & Hearing Loss

A thought provoking article by Graham Weir

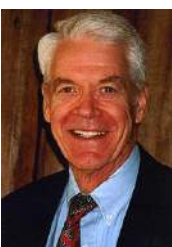
Many epidemiological studies around the world have demonstrated that in populations where the incidence of coronary heart disease is high, the blood cholesterol levels also tend to be high, and the intake of saturated fats is also usually high. Some of these studies have investigated the relationship between coronary heart disease and hearing loss. One of the most classic studies by Rosen, Olin and Rosen, appeared in the journal *"Acta Oto-laryngologica"* in Oct 1970.¹ Over a period of 5 years, this study in Finland investigated the relationship between coronary heart disease, high cholesterol levels, intake of saturated fats, and hearing loss. Patients between the ages of 40–59 years in two mental hospitals were evaluated. In one hospital the usual high fat diet was continued and in the other, a low fat diet was instituted. After five years the diets in the two hospitals were reversed for four years. In the hospital with the high fat diet, hearing loss and coronary heart disease increased. When the diets were reversed, the results showed the low fat diet reversed the hearing loss, and the incidence of coronary heart disease. The incidence of coronary heart disease followed the same pattern. The Finnish investigators concluded that an important factor in the prevention of coronary heart disease may well be a low saturated fat diet. The authors claimed that their Audiological findings similarly indicate that such a diet may well arrest, if not reverse, hearing loss.

A more recent study in 2003 by Kakarlapudi, Sawyer & Staecker *"The effect of diabetes on sensori-neural hearing loss"*² appeared in *"Otology and Neurology"* in May that year. Objective of the study was "To identify whether patients with diabetes have a higher incidence of sensori-neural hearing loss than the general population and examine whether control of diabetes is related to severity of hearing loss." In this significantly large study electronic medical records from 53,461 non-diabetic age-matched patients and 12,575 diabetic patients were reviewed. In their results summary they stated "Sensori-neural hearing loss was more common in the diabetic patients than in age-matched non diabetic patients from the same institutions. Further, that "Poor control of diabetes, as measured by increasing serum creatinine, but not apparent in hemoglobin A1C laboratory data, correlated with worsening hearing in patients with diabetes who had sensori- neural hearing loss"



Dr Dean Ornish Study

In a classic foundational study of the relationship between diet and coronary heart disease, Dr Dean Ornish published a report in the *Lancet Medical Journal*, in 1990³ that shook up the medical community. Dr Ornish spent one year studying 48 men with advanced heart disease, many of whom were candidates for coronary bypass surgery. He randomly assigned the men to 2 groups. Both were asked to quit smoking and walk daily. In addition, the first group practiced stress management and followed a strict *vegetarian* diet with less than 10% of calories as fats and virtually no cholesterol. The second group was given the standard American Heart Association's *"Prudent Diet"* for heart disease. This diet allowed 30% of calories as fats and up to 300 milligrams of cholesterol a day. At the end of the year when results were presented at the Scientific Session of American Heart Association in Washington D.C., they became front page news all over America. Dr Ornish reported those on the very low fat vegetarian diet not only dropped their dangerous LDL-cholesterol levels by 37%, but also 82% of their narrowed, plaque filled arteries had actually widened, allowing more blood and oxygen to the heart muscle. The heart disease had, in fact, begun to reverse itself. Surprisingly, the older men with the most advanced disease had the best evidence for reversing their heart disease. The group on the so-called "Prudent Diet", however, had virtually no cholesterol drop, and most of their coronary arteries showed increased narrowing. In general, their heart disease had progressed. It had gotten worse. At the press conference Dr Ornish concluded *"....It appears the "Prudent Diet" developed by American Heart Association for prevention and treatment of heart disease, does not do its' job. Further, he said "The moderate diet recommendations of American Heart Association do not go far enough to effectively influence progression of coronary heart disease. People with clinically demonstrated disease need to go beyond present dietary recommendations"*



Dr Caldwell Esselstyn Study

Other notable medical researchers have added to these ground breaking, and challenging foundational studies. In 2001, a cardiac surgeon at the Cleveland Clinic in Ohio, Dr Caldwell Esselstyn published an article in the journal *"Preventive Cardiology"*⁴ *"Resolving the Coronary Artery Disease Epidemic through Plant-based nutrition (With photos of disease reversal)"*⁴ He has since consolidated this and his other studies into a book *"Prevent and Reverse Heart Disease"* and a full length movie *"Forks Over Knives"* both which started a diet revolution and won rave reviews all over America.⁵ (See www.heartattackproof.com and www.forksoverknives.com)

In his 20 year nutritional study - one of the most comprehensive studies of its' kind, Dr Esselstyn convincingly argues *plant-based, oil-free nutrition* can not only prevent and stop progression of heart disease, but also reverse its effects. Citing as proof the incredible results of patients who followed his ground-breaking program. Men and women in his original study came to him with advanced coronary disease and within months of following a plant-based, oil free diet, their angina symptoms eased, their cholesterol levels dropped, and they experienced a marked improvement in blood flow to the heart. Esselstyn reported that 20 years later, they still remained free of symptoms. On his website, www.heartattackproof.com Former U.S. President Bill Clinton attributes his recovery to participation in Dr Esselstyn's program.



Dr. Hans Diehl Study

Yet another keynote heart researcher, Epidemiologist and founder of the Complete Health Improvement Program (C.H.I.P.) Dr Hans Diehl, President of the Lifestyle Medicine Institute in Loma Linda, Ca. www.chiphealth.com⁶ says the primary cause of the epidemic of heart disease and associated conditions, is a disease called arteriosclerosis. In this disease, fatty deposits from an unhealthy diet begin to clog up arteries, thereby causing elevated blood pressure and reduced blood and oxygen supply throughout the body, eventually causing a heart attack or stroke when over-pressured arteries trigger plaque ruptures that create blood clots. Dr Diehl says these narrowed arteries and consequent diminished blood and oxygen supply to peripheral systems are directly responsible for hearing loss, vision loss and kidney problems. Like Ornish +Esselstyn who recommend the same diet regimens, C.H.I.P. participants who stay on the diet experience complete, ongoing freedom from symptoms of progressive heart disease. The addition of the "oil-free" specification in addition to the "plant-based" criteria in Esselstyn's and Diehl's programs is intriguing. Apparently what is of concern to these researchers is not the natural oil found within foods such as avocados, legumes or nuts, but rather the extraction and refining of these oils for inclusion in processed foods, which they believe convert them into harmful "free radicals" that lack nutritional value and contribute to heart disease.⁷ http://www.oprah.com/oprahradio/Preventing-Heart-Disease_1 The C.H.I.P. program has apparently experienced the most notable success as a corporate lifestyle intervention program, having been purchased in 2012 by the Sanitarium Health and Wellbeing Company in Australia who are in the process of rolling it out internationally.

Although there appears to be no recorded evidence of restoration of hearing or vision, we shouldn't be surprised because all of these programs are mainly focused on arrest and reversal of arteriosclerosis, (artery narrowing) and have not specifically examined the restoration of sensory functions such as hearing and vision in their research. No doubt, this is a new field ripe with research potential.

The implications of these studies for the treatment and prevention of hearing loss are starting to find their way into the Audiological literature. See for example Gus Meulers' notable interview on Nov. 5th, 2012 with Christopher Spankovich, a research assistant, at the University of Florida. *"20Q Healthy Eating Makes For Healthy Hearing – Today's Special"*⁸ <http://www.audiologyonline.com/articles/20q-diet-and-hearing-evidence-11394> Although Spankovich didn't mention any direct link with coronary heart disease, he did reference the classic 1970 Danish study by Rosen, Olin and Rosen and cited a number of studies on the relationship between nutrient supplements and prevention of noise-induced hearing loss.

CONCLUSIONS : Like heart disease, noise induced or aging related hearing loss is usually progressive. However, it appears from recent research into the effects of a *pure vegetarian (plant based) and oil-free diet* on the prevention and reversal of lifestyle related diseases, that the damage to the hair cell function of the cochlear, caused by arteriosclerotic plaque build-up in arteries, may at least, be arrested. However, at this stage there seem to have been no studies indicating that hearing can be actually reversed to a "normal" condition once the hair cells in the cochlear have been destroyed. But at least it seems we can be confident that the progression of aging related hearing loss can be slowed, if not completely arrested by following a *plant based, oil free diet* as described in recent preventive health research studies. No doubt, this possibility could be a most intriguing and rewarding area of research for ardent, Audiological researchers looking for a new angle.



About the Author :

Graham Weir is a Hearing Rehabilitation Specialist in private practice in Mandurah, Western Australia. He holds a Masters' degree in hearing rehabilitation from Gallaudet University, in Wash. DC USA (Partly sponsored by [Better Hearing Australia](http://www.betterhearingaustralia.com)) and post graduate qualifications in hearing science. He has lived with a profound hearing loss since a near-fatal attack of meningitis at the age of 8. At the age of 66, he says he still enjoys optimal health from following a plant-based diet for over 35 years.

For direct correspondence with the author contact: grahamweir@hearingbiz.com.au

REFERENCES: ¹"Dietary Prevention of Hearing Loss" S. Rosen, P. Olin, Helen V. Rosen - Summary from "Acta Oto-laryngologica" Oct 1970, Vol. 70, No 4 pp 242-247 ²"The Effect of Diabetes on Sensorineural Hearing Loss" Kakarlapudi, Venkata; Sawyer, Robert & Staecker, Hinrich Otology & Neurology: May 2003 – Vol 24–issue 3–pp 382-386 ³"Lancet", July 21st 1990 336 (8708) pp 129-133 ⁴"Resolving the Coronary Artery Disease Epidemic through Plant-based nutrition (With photos of disease reversal)" Caldwell B. Esselstyn Jr. in 'Preventive Cardiology' 2001; 4: 171-177 ⁵ www.heartattackproof.com also www.forksoverknives.com ⁶ www.chiphealth.com ⁷ http://www.oprah.com/oprahradio/Preventing-Heart-Disease_1 ⁸"20Q Healthy Eating Makes For Healthy Hearing–Today's Special" <http://www.audiologyonline.com/articles/20q-diet-and-hearing-evidence-11394>



Strong Hearing ... Strong Start

We all want our children to have a strong start in life, and good hearing is an important part of this. That's why the Australian Government has developed the Care for Kids' Ears campaign. The campaign includes resources for parents and carers, early childhood groups, teachers and teachers' aides and health professionals, providing important information on keeping kids' ears healthy.

The Care for Kid's Ears campaign aims to increase awareness among Aboriginal and Torres Strait Islander people(s) of ear disease, highlight risk factors for ear disease and promote the importance of seeking and following treatment to prevent hearing loss.

A range of electronic and hard copy resources have been developed to get these important ear health messages out to the community. A number of these resources have been translated to up to 22 Indigenous languages that are spoken across Australia.

A 'Talking Book' has been produced which communicates ear health promotion messages in English and a range of Indigenous languages. This engaging resource can be used by health workers in a professional setting or by parents and carers in the home. The 'Talking Book' is available for download at the iTunes and Google Play store.

These new electronic resources complement the range of popular information resources that are already available through the campaign website. All the Care for Kids' Ears resources aim to reduce ear disease and keep children's ears healthy. For health professionals, regular ear checks for otitis media are important.

"Kids' ears should be checked every time they're at the clinic. If they're coming in for an immunisation, a chest infection, or even a splinter on their toe – check their ears," Sandi Nelson, Youth Hearing Health Coordinator says.

"A quick 10 minute test can make all the difference. It's impossible to underestimate the importance of kids' hearing."



Better Hearing Australia Information Sheets relevant for **Aboriginal and Torres Strait Islander people(s)** on:

- Does my child have ear trouble, and
- My child has ear trouble what should I do?

downloadable from www.betterhearingaustraliawa.org under 'Resources'.

Other information can be found on the Earbus Foundation of WA website www.earbus.org



The **Care for Kids' Ears** resources for parents and carers, early childhood and community groups, teachers and health professionals can be downloaded or ordered from the Care for Kids' Ears' website:

<http://www.careforkidsears.health.gov.au/>

Online videos telling parents, health workers and teachers stories about the impact of ear disease on Aboriginal and Torres Strait Islander children can be viewed at:

<http://www.careforkidsears.health.gov.au/internet/cfke/publishing.nsf/Content/video>

Potential sale of Australian Hearing

There has been much speculation over the potential sale of Australian Hearing. The **Deafness Forum** has presented a report to government on the findings of an investigation into the potential impacts of privatising Australian Hearing.

The government has appointed PricewaterhouseCoopers and Herbert Smith Freehills as advisers for a scoping study into future ownership options for Australian Hearing.

The report documents the results of **Deafness Forum's** consumer consultation, which found there were differing views on the notion of a sale, but common concern with the potential impact on the delivery of critical services.

The August 2014 submission to inform the government's investigation into the feasibility of privatising Australian Hearing raised the impact that a sale could have on the services received by Deaf and hearing impaired people.

Impact through the Australian Government Hearing Services Program, particularly the Community Service Obligations (CSO) component of the Program, and on other functions that are delivered by the Government Provider, including research undertaken by the National Acoustic Laboratories.



The Deafness Forum believe Australian Hearing is highly regarded internationally as the provider of high quality hearing services, particularly to Deaf and hearing impaired children, and the National Acoustic Laboratories is regarded as a world leader in hearing research. Any proposed changes to existing arrangements should ensure that Australia maintains its reputation as a world leader in hearing services delivery and research.

Deafness Forum of Australia believes that if the sale of Australian Hearing proceeds, it should be contingent on there being appropriate arrangements in place to ensure that services to the vulnerable groups accessing services through the CSO Program are maintained or enhanced, and that the research undertaken by the National Acoustic Laboratories continues.

More information and the Deafness Forum submission can be found at -

www.deafnessforum.org.au/index.php/advocacy/112-uncategorised/245-submissions

2014 Better Hearing Australia Illingworth Award Winners Announced

LITERARY AWARDS 2013-2014



Congratulations Alison and Kaye

I would like to sincerely thank all the people who have submitted articles, letters, personal stories and 'opinion' pieces to our national publications since March 2013, together with those who take the time to write 'Branch News'. Some members are regular contributors and BHA especially appreciates these submissions, even though not all are judged as 'prose' for the Awards that are presented.

The Literary Awards are based on items submitted to the 3 editions of 'Better Hearing' in 2013 – March 2013, July 2013, October 2013, and the 2 'National Spotlight' editions – March 2014, June 2014.

Walter Backholer Award - Prose

Winner: **"Understanding Meniere's - A BHA Member's Perspective"**, by Alison Cassell, BHA Brisbane, in the March 2014 issue of 'The National Spotlight'.

Runner-Up: **"Hearing in Stereo"**, by Kaye Gooch, BHA Victoria, in the March 2013 issue of 'Better Hearing' magazine.

There are no Awards this year for poetry, as there was none submitted. Similarly the Peggy Donald Award – for prose by a non-member – is not being presented this year.

Certificates for the Literary Awards will be presented in October.

Awards Co-ordinator
Carole McCarthy



Better Hearing Australia Scholarship

Final Call for nominations for the 2015 Better Hearing Australia Scholarship

The Better Hearing Australia Scholarship is to assist people with hearing difficulties by providing financial assistance for their educational needs. Hearing loss can result in a person's inability to maintain a long-term commitment to schooling, which can give rise to the prospect of lesser employment opportunities and possibly lead to isolation and depression. Access to financial assistance may be crucial to a young person managing difficulties and achieving success. The Scholarship will be open to children/youths under the age of 26, but may not necessarily be confined to this age. **Applications for the 2015 Better Hearing Australia Scholarship close 31st October 2014.** Please apply via the Better Hearing Australia National website.



word of mouth
technology

Better Hearing Australia is pleased to announce Word of Mouth Technology will be supporting the BHA Scholarship through the provision of Assistive Listening Devices.

Better Hearing Australia (National) Inc.

2014 AGM hosted in Adelaide



BHA Adelaide President Derik Ward, the Adelaide Branch Committee and BHA Adelaide members look forward to giving a warm welcome to BHA Board members, National delegates and observers who plan to attend the BHA (National) Inc. AGM in Adelaide on Saturday October 4.

Derik said *"It is a number of years since we hosted a national AGM in Adelaide and this will be an opportunity for people to see the remarkable developments in our city, as well as meeting our branch members. We expect a number of interstate visitors will arrive on Friday October 3 and also stay overnight on Saturday to attend a catered dinner at our premises, with an opportunity to network. Visitors who arrive on Friday may wish to get-together and we can suggest suitable and reasonably priced venues to meet. Fine weather is anticipated in October and the suggested hotel faces appealing parklands and walking areas."*

Further information on the BHA 2014 AGM to be held in Adelaide is:

DATE

Saturday October 4, 2014.

VENUE

SACOSS

Marjorie Black House,
47 King William Road, Unley SA 5061

The SACOSS meeting room is just a short walk to the convenient tram ride from the suggested hotels, The Chifley and The Grand Chifley, to Marjorie Black House and our members will assist with transport where possible.

PROGRAM

Saturday October 4

10 - 11am: coffee and tea served at Marjorie Black House

11am: Welcome by National President Julie Edmonds

Followed by Branch issues/reports

12.30pm: Lunch hosted by BHA Adelaide

1.30 pm to 3.30pm: National AGM

3.30pm: Presentation of Awards & 2015 Conference

6pm Drinks and nibbles served prior to sit down dinner with BHA Adelaide members commencing at 6.30pm

***This is a catered dinner with a nominal charge of \$30 per person. Drinks provided with the compliments of BHA Adelaide. Please advise any special dietary requirements for the Dinner.**

ACCOMMODATION

Accommodation has been organised at the Chifley and Grand Chifley hotels, 226 and 208 South Terrace, Adelaide; just a short walk to a tram stop from our meeting place at Marjorie Black House, as well as travelling to Adelaide central.

Rates are \$120 a night in the Chifley and if this hotel fills up, accommodation is also available next door at the sister hotel Grand Chifley for \$140 a night, in slightly more modern standard rooms. Breakfast at Grand Chifley is a fully cooked buffet for \$25 per person; Chifley offers a Continental breakfast buffet for \$10 per person.

Registration: Direct to Yasmin, Reservations Agent, Chifley Hotels

Phone 08 8223 2800 Fax 08 8224 0519 or

Email: reservations.adelaide@grandchifley.com

Better Hearing Australia

News from our Branches -

'Keeping in touch Nationally'



Welcome to the Branch News Section of the BHA National Spotlight, where our BHA Branches and Groups share member news and experiences. Contact your local Branch to become a member, and support Better Hearing Australia assist the Australian community with a hearing loss.

Adelaide Branch, S.A.



Readers may be interested in our **Communication Skills Workshop** which involves explaining to sixth year medical students how to communicate effectively with hearing impaired patients/clients. We spend a full day of six one hour sessions at the Adelaide University talking with these young (almost) doctors. For the past two and a half years we have had three groups of BHAA volunteers doing this during each semester, next week we shall have two groups of volunteers. However, we shall see the same number of students throughout the day - around seventy five students. Each group has seven or eight students and we role play a 'bad' doctor consulting with a hearing impaired patient. Both are BHA volunteers and the bad doctor looks at his computer, covers his mouth, sucks his pen and so on and the client has to ask him to repeat instructions and you will know the scenario you experience with some (not all) medical people. We have a script to

work from. We then ask the students what they have observed and they are usually able to identify the communication that is not appropriate.

One of the students then takes on the role of a 'good doctor' and the group then discusses the improvement and points highlighted. After some discussion we have a few questions about how to communicate with HI people in general practice, specialist consultations and hospital environments. Sometimes we find that students are not too interested at first but as the session progresses they become interested and involved as they begin to appreciate the importance of effective communication and clarity of speech for those with a hearing loss. They begin to see it as a real life situation. Occasionally they have a relative such as a grandparent who has a hearing loss and that helps them to identify with the patient. Some have never considered the situation before.

This is something we all enjoy and feel is worthwhile. Our hope is that at least a number of these young people will take this awareness into their future professional lives.

Next week will be our sixth session and we have been invited to do it again next year.

We also worked in August on planning for our Clear Speech Awards presentations for our Hearing Awareness Week event on 27th August 2014.

Shona Fennell – Vice President and Tutor, BHA Adelaide Branch

Canberra Branch, ACT

Although it is going to be over when you read this contribution, our Hearing Loss Management class members are looking forward to the 2014 Lipreading Challenge. It will set the scene for next year's BHA National Conference in Fremantle, West Australia.

We are also planning to have a stall at the Hearing Awareness Week EXPO arranged by the ACT Deafness Resource Centre at the Hellenic Club. We will have an opportunity to hand out information and chat to visitors about their hearing loss.

I will be attending the AGM of BHA Inc in Adelaide with Sue. We are looking forward to seeing other delegates and are wondering if Derik will be bottling wine at the time?

The Convener of the Rediscovering Music program, Kristen Sutcliffe (audiologist and musician) will bring along her new baby to the next performance (percussion) to be introduced to the audience at the next concert.

Our Christmas Party is scheduled for the 25th of November, 2014. All members and friends are welcome. Carol Taloni is the organizer.

We understand that popular audiologist with SCIC and member of the BHA Canberra Expert Panel, Anne-Marie Crow is being married on the 1st October, 2014. Everyone in BHA Canberra wishes Anne-Marie and Ivor every happiness for the future.

BHA Canberra is very grateful to Dee McArthur and Phil Kuczma who donated a cupboard to BHA Canberra to house the DVD collection of the past Lipreading Competitions. This will allow them to be available for loan to members every Tuesday during terms. Some photo's below for your enjoyment !



Left: What we started with! L to R, Haydn Daw, Dee McArthur, Phil Kuczma, Monty and Pete Halsey CEO of the Deafness Resource Centre.



Right: Haydn and Pete getting the roof into place.

Right: After 2 frustrating hours we had the cupboard completed and a job well done.



Haydn Daw – BHA Canberra Chair

Geelong Branch, Victoria



The Geelong Branch celebrated their 50th Anniversary last October, a fantastic milestone for any Better Hearing Australia Branch.

The Geelong West office recently needed to temporarily relocate due to council renovations, the Branch has now moved back to the office.



Newcastle Branch, N.S.W.

Newcastle Branch has a new tutor, Bob Nagel who is in charge of our East Maitland group. Bob was recently presented with his Certificate by Branch President Anthony Buzek. The small group has been running for many years now and the class room is set within the picturesque grounds of East Maitland Library.



A small café is attached to the library and group members can relax with a cuppa after classes.

Picture - Bob Nagel receiving his Certificate from Newcastle Branch President Anthony Buzek.



Newcastle Branch will be doing a presentation at Australian Hearing in September on the services that our Branch has to offer. Australian Hearing has recently opened new premises at Stockland Wallsend Plaza.

Several of our members have recently registered and become participants of the National Disability Insurance Agency; we encourage anyone under the age of 65 years to check their eligibility through the NDIA web-site www.ndis.gov.au and go to my access checker.

We are still grappling with the enormous workload involved in our accreditation process as part of our funding agreement and hopefully getting through this will involve continued government funding for our Branch, so we can continue to provide services to the hearing impaired people within the Newcastle and surrounding areas.

Karen Dempsey

Victoria Branch

Better Hearing Australia Victoria Inc has had an exciting few months.

Our tinnitus seminars are continuing to attract great interest, which is not surprising given that the incidence of this condition in the population is around 20 per cent. It's our goal to continue to develop accessible education for all.

Please contact our office to register your interest in upcoming seminars.



As you may be aware, many interesting changes are happening in the government policy arena, which will affect the way services are delivered to people who are deaf or have a hearing-related condition.

Federally, the National Disability Insurance Scheme is rolling out and the Office of Hearing Services is reviewing its operations. As an independent provider of hearing management, BHA is engaging in great conversations with local and federal politicians, as well as senior officials, to advocate for people with hearing-related conditions.



I am pleased to announce the launch of Recycled Sound, an initiative led by the Rotary Club of Toorak to enable the increased collection of donated hearing aids for the Victorian Hearing Aid Bank. Hosted by BHA - Vic, the hearing aid bank helps many people who may not otherwise have access to such devices. The project lets people 'recycle' their hearing aids by donating them to BHA. Hearing aid company Blamey Saunders hears refurbishes the devices then gives them to BHA for distribution via the Victorian Hearing Aid Bank.

The Victorian Hearing Aid Bank provides hearing aids to many who cannot afford the devices or are ineligible for the Australian Government Hearing Services Program. The hearing aid bank is the only service of its kind in Victoria and Recycled Sound is expected to increase its supplies.

Pictured – a BHA Victoria client having a recycled hearing aid fitted.

To donate hearing aids, post or drop them off to: Blamey Saunders hears, 364 Albert St, East Melbourne; or BHA, 5 High St, Prahran.

Congratulations to Carol Wilkinson of Victoria Branch, Carol gave an informative presentation on improving hearing in public spaces, at Australia's first Universal Design conference in Sydney in August.

Pictured – BHA Victoria CEO Michele Barry and Carol Wilkinson, at the Sydney Town Hall for the Universal Design Conference.



Michele Barry – CEO Victoria Branch

West Australia Branch

The Better Hearing Australia WA Branch (BHAWA) are continuing with all classes and services at our new location 53 Curtin Ave, Cottesloe.

In WA we are piecing together our history, 2015 will mark the 70th year BHAWA have provided services and support to the West Australian community. Any members who may have records they are willing to share please contact us. Contact with BHAWA can be made through our website : www.betterhearingaustraliawa.org

We are pleased to have hosted the **Lip Reading challenge** in 2014 and DVD's have now been sent to all BHA Branches. We look forward to receiving entries for those members who wish to enter the competition. The U3A Film Crew agreed to assist BHAWA to complete another DVD Resource, **Fire Emergency for Deaf and Hearing Impaired**. Animations for the DVD have been completed and filming for this resource will begin shortly.

The WA Branch are also pleased to have received assistance to progress the **Lip Reading App** which we believe will become an invaluable BHA resource.



**FOR YOUR DIARY - BHA NATIONAL CONFERENCE IN PERTH WA 2015
October 16 – 18 2015 at the Esplanade Hotel Fremantle**



Contributions for the 'BHA National Spotlight'

Branches, Members and Better Hearing Australia supporters are encouraged to contribute articles to BHA's national publication, the BHA National Spotlight. Informative articles, Letters to the Editor, 'Opinion' pieces, poems, and personal stories are welcome. **Please send your contributions before the closing date for the December Edition, which is November 15, 2014.** Please send contributions to bha.national@gmail.com and keep articles and news to 600 words or less as an attached WORD document, with **any images attached separately**.

The BHA National (Inc) Annual General Meeting will be held in Adelaide October 4 2014. Please contact your local BHA Branch for more information.

The next Better Hearing Australia National Conference will be held in Perth 16 – 18 October 2015.

Your Better Hearing Australia

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Grenfell Group

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Taree Group

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Email: bhabris@bigpond.com
Website: bhabrisbane.org.au

Maryborough Group - Email judyraax@tadaust.org.au

Logan Group – meet at Logan North Library

GOLD COAST

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Tweed Heads Group – Contact, Margaret Attwood

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