

FEATURE STORY

Introducing...

Hi Everyone my name is Judith Raxworthy and I am the representative of the new CICADA Queensland Fraser Coast Branch. Our group recently officially joined CICADA Queensland as a new branch of this organisation. We will first meet up at Hervey Bay Library on February 3 and then continue to meet at that venue on the first Saturday of each month.

A little bit about myself, I have been involved in the world of the Deaf and Hearing Impaired for many years. I was the Coordinator/Secretary of Better Hearing Australia Maryborough Branch and also involved with Deaf Services Queensland of which I am a life member. I am also a life member of Better Hearing Australia.



I obtained my BHA Tutor Certificate of Lipreading and Hearing Rehabilitation in 1980 and then a Diploma for the same in 1982. I am a Bilateral Cochlear Recipient having had my first implant on my left side in 2002, unfortunately I had auditory nerve failure (not an implant failure) and had to be re-implanted in 2003. It wasn't until 2007 when my right side was implanted and this has helped enormously.

I live in beautiful Hervey Bay, on the Fraser Coast. My four children have kindly rewarded me with 9 grandchildren and they in turn have so far rewarded me with 3 great grandchildren and 2 step great grandchildren. I am very fortunate to have them all living in Hervey Bay or Maryborough.

I enjoy beach walks, op shopping, playing board games, especially Rummy-o and Sequence. I challenge myself with mosaic craft. My passion, apart from family, is helping people to accept their hearing loss and find ways to improve their quality of life.

I am looking forward to being involved with CICADA Queensland and meeting you all at some stage in 2018.

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E: eknit57@hotmail.com
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Coordinator: Chris Blackham-Davison
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BHA Logan Hearing Support Group

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President's Pen

Welcome everyone to 2018!

2017 ended with our Christmas party which by all accounts was a resounding success. Thanks must go to the committee members who put in the hard work to give the members a great party. The Sunshine Coast members cleaned up with many raffle prize wins. Cochlear had their annual Christmas



raffle, but sadly few CICADA members bought tickets but those who did were lucky, as a Sunshine member as well as myself also won prizes.

Over Christmas I read an article on Dr Dimity Dornan, Queensland Senior Australian of the Year:

Dr Dornan is the founder of Hear and Say which was established as a charity in 1982 and coincided with the bionic technology's [Cochlear] first use in Brisbane. Dr. Dornan has called for greater support of emerging Australian Technologies. Her views are also what CICADA as a club is trying to get governments and local authorities to take on board as it is the way of the future. People who are deaf can be given the opportunity to hear again, become part of the community, do the normal things people with hearing do, not being tied to the many restrictions deaf people are faced with as well as being able travel with little restrictions as an example.

This year is going to be a growing one for CICADA with branches in Brisbane, Gold Coast, Sunshine Coast and now in Fraser Coast. We are lucky to have a committee of diverse talents that will steer CICADA in the right direction. By saying that we also welcome input from any member who think they might have an idea that can be taken on board for the betterment of CICADA's members. Also, if any member knows of a person with marketing skills who might like to do some volunteer work for CICADA, please contact the Secretary with the relevant information.

I wish the committee and members a happy healthy, and if luck comes your way, a wealthy New Year.

Stephen Willis
President, CICADA Queensland



HEARING awareness **WEEK**
From Sunday 25 February 2018
World Hearing Day
Saturday 3 March 2018

World Hearing Day, presented by the World Health Organisation, is scheduled for Saturday 3 March 2018. Hearing Awareness Week in Australia will be held in the lead up to the International Day, beginning on Sunday 25 February 2018.

These events highlight the importance and fragility of hearing, ways to present and protect it, and the cost of hearing loss to individuals and society.

DISCLAIMER

Views expressed in this magazine are not necessarily those of CICADA Queensland, or the Queensland Editor, nor do they take any responsibility for contents, errors or omissions. Readers' views or comments are to be addressed to the CICADA Queensland Secretary at secretary@cicadaql.com.au

VISION AND MISSION STATEMENT

VISION: It is our vision that all Queenslanders with or considering cochlear implants are supported and informed in their decisions.

MISSION: To provide advice, support and opportunities for social engagement in a community, to people with or considering cochlear implants, and their friends and families.

Christmas Capers...

A wonderful time was had by all who attended CICADA's Annual Christmas Celebration at the AFL Hornets Club on Saturday, 25 November. Many came from far and wide for the festivities and enjoyed the events. Who will forget the Christmas letter to Santa read out by Penny? Or the humorous poem about all the attendees authored and read out by Shirley? Members of the CICADA Committee introduced themselves to everyone and the Q&A repartee saw some amusing answers given and prizes given for correct guesses. Captioning was provided by Bradley Reporting which made for a very enjoyable Christmas party. There was plenty of prizes so few people went home empty handed. Anne O'Sullivan was the lucky winner of the main prize at the raffle which was a massive Christmas hamper donated by AccessComm. CICADA Queensland thanks the many organisations that donated the Christmas gifts to us, particularly Cochlear Ltd. Eleven people had to leave earlier due to other commitments, but the group photo of the event captures everyone else in attendance.



A happy group of Better Hearing Australia (BHA) Logan members enjoyed a lovely luncheon at the Lucky Star Tavern in Sunnybank on 2 December.



The Northside Knobs (aka Northside Branch), enjoyed Christmas lunch at Fish on Flinders. Northside Coordinator Gail Anderson won the raffle, and shared her prize with those present... great Christmas spirit indeed!



The Sunshine Coast branch enjoyed a relaxing Christmas function at Sunshine Castle at Bli Bli. The Christmas raffle of a hamper was won by Peter Cox who was really delighted with the win.

Out and About...

Secretary Shirley was nominated for the Redlands Volunteer of the Year Award on 2 December, 2017. Along with three other finalists, Shirley now goes forward to the Queensland Volunteer of the Year Award at a date to be determined. Shirley was presented with a cheque for \$500 donated from Bendigo Bank Manager (pictured below with Shirley) with a beautiful glass plaque and certificate. Congratulations Shirley and best of luck with the Queensland Awards!



Gold Coast Representative Kevin Hobbs created a new 'logo' for the CapTel brochure. He is pictured displaying the new brochure which shows the full meaning of the CAPTEL abbreviation as Caring About People Telephone Electronic Listening. Such a wonderful initiative Kevin!



Sunshine Coast Representative Penny Phillips and Magazine Editor Josephine McMahon received donations for CICADA Queensland through the Local Matters initiative run by the Grill'd restaurant company. Many thanks to Grill'd for their community minded spirit in giving back!



Committee members Peter Luck, Secretary Shirley and Gold Coast Representative Kevin Hobbs manning the display stall at the Better Hearing Australia (BHA) Conference held during Hearing Awareness Week in August 2017.



Dr Dimity Dornan awarded Senior Queenslanders of the Year

Dr Dimity Dornan, founder of Hear and Say organisation, was recently named as 2018 Senior Queenslanders of the Year, which made her a state finalist in the category of Senior Australian of the Year Awards in Canberra on January 25, 2018.

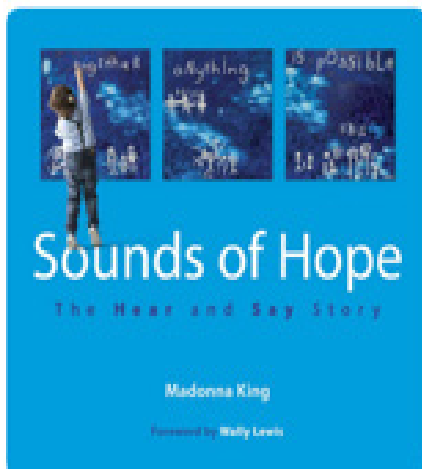
The Hear and Say Centre in Ashgrove was established as a charity in Brisbane in 1992, ten years after the first Australian-invented cochlear implant was switched on in a patient in Melbourne.



Dimity's first fifteen professional years, working with acquired brain injury patients, convinced her that hearing was a brain function. She said she knew that brains could be trained for listening and speaking with the use of implantable bionic techniques.

While thousands of children and young adults have since benefited from Hear and Say's service, Dr Dornan's influence has extended much further than Queensland. She has raised the profile of hearing health globally through First Voice and provided opportunities for deaf children in developing countries—42 at last count.

Last year marked ten years of professional training for speech pathologists, audiologists and teachers in India, a commitment that saw Dr Dornan named Business Leader of the Year at the India-Australia Business and Community Awards.



Last year also marked 25 years of the organisation and to celebrate, a book that tells their story was released, and can be ordered by filling in an order form on their website www.hearandsay.com.au/get-involved/sounds-of-hope/

This book tells the story of 'Sounds of Hope'. The book will make you cry and laugh, and it will engage you with the voices of those who have lived through the day they found out that their precious child is deaf, and the day their child heard them speak for the first time. Only a limited number of books are available. They are priced at \$39.95 plus postage (\$15 if posted within Australia).

Lions Australia celebrate their centenary

Our Vice-President, Kerry Kilpatrick, has recently been involved in the launch of a new e-book celebrating the centenary of the Lions Clubs Australia organisation. Lions Clubs around Australia have donated more than \$100,000 to over 100 local projects as part of its Community 100 program. CICADA Queensland is one of many charities helped by the Lions, and we are featured in this book. You can order a copy of this e-book from <http://lionsclubs.org.au/activities/community100/>



Technology update

A new collaboration has formed to research the potential for combining drug and cochlear implant treatment for hearing loss. Biotech company Sensorion will work with Cochlear Limited to evaluate SENS-401, Sensorion's lead small molecule candidate for hearing loss, in combination with Cochlear's implantable devices. The goal is to gauge the drug's therapeutic effects at improving hearing outcomes for patients who undergo cochlear implant surgery.

"This innovative approach of combining SENS-401 with cochlear implants may allow for better hearing outcomes," said Dr. Lawrence Lustig, MD, Howard W. Smith Professor and Chair, Department of Otolaryngology-Head & Neck Surgery, Columbia University Medical Center. "SENS-401 has the potential to provide cochlear protection following the implantation procedure, to support long-term functional stability of the implant, and to prevent continued degeneration in some patients."

Data from preclinical models focused on how noise and drug induced hearing loss demonstrated the capacity of SENS-401 to enhance survival and preserve functional integrity of hair cells in the inner ear.

'...a new collaboration has formed to research the potential for combining drug and cochlear implant treatment for hearing loss'

The inner ear contains thousands of neural receptor cells that look similar to hair cells in their initial appearance. Sound waves travel from the outer and middle ear to the inner ear where they are changed by the hair cells into electrical signals conveyed by the auditory nerve to the brain. The brain interprets the signals as meaningful sound.

However, damage to these cells results in permanent hearing damage, as the human body does not spontaneously replace them, according to the National Organization for Hearing Research Foundation.

Hearing aids can only provide limited help since they are only amplification devices, which is why the outcome of this research partnership could be provide a useful path forward for coping with this damage.

"Cochlear is committed to advance hearing therapies and we look forward to leveraging our combined knowledge and capabilities," said Cochlear's Chief Technology Officer Jan Janssen, in a statement. "Sensorion has a promising portfolio of therapeutic candidates and we believe that the demonstrated effects of SENS-401 may strategically complement our technology. We are excited for what our combined efforts could mean for providing even better outcomes for implant recipients."

Both companies will initiate preclinical studies in 2018 with potential new clinical trials as soon as the following year.



Source: <https://www.rdmag.com/article/2017/12/new-collaboration-focused-drug->



If you have any queries about what sort of cover you are entitled to under Medibank for upgrades and Cochlear Implant operations, please contact Briannie Rafter, Assistant Store Leader at Medibank, Maroochydore via email on briannie.rafter@medibank.com.au. Briannie is more than happy to advise as she really understands what the needs are with wearing Cochlear Implants.

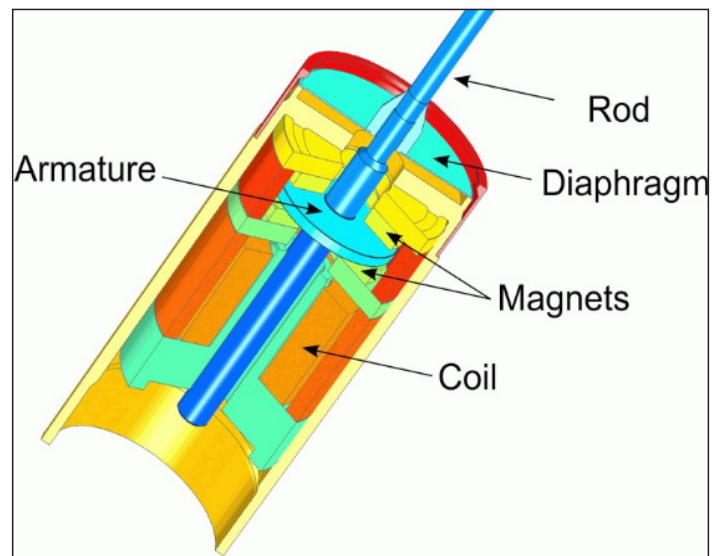
Direct Acoustic Cochlear Implant

There are new developments in middle ear implants with Direct Acoustic Cochlear Implant (DACI) technology. A DACI (pictured below) is an acoustic implant which converts sound in mechanical vibrations that stimulate directly the perilymph inside the cochlea. The hearing function of the external and middle ear is being taken over by a little motor of a cochlear implant, directly stimulating the cochlea. With a DACI, people with no or almost no residual hearing but a still functioning inner ear, can again perceive speech, sounds and music.

There are three types of acoustic implants. Firstly, bone induction implants which transmit vibration to the skull. Secondly, a middle ear implant, which transmit sound mechanically to one of the ossicles. Thirdly, a DACI which mechanically delivers sound directly to the perilymph in the inner ear.

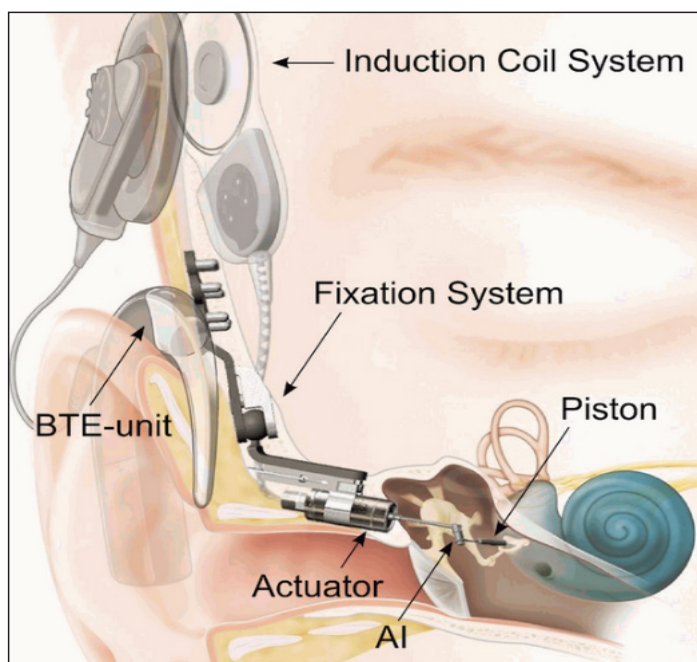
A DACI tries to provide an answer for people with hearing problems for which no solution exists today. People with some problems at the level of the cochlea can be helped with a hearing aid. A hearing aid will absorb and amplify the incoming sound from a microphone. For larger reinforcements, this may cause problems with feedback and distortion. A hearing aid simply provides more

loudness without the clarity. Users will often view this as "all sounds louder, but I understand nothing more than before." Once a hearing aid no longer offers a solution, one can switch to a cochlear implant. A Cochlear implant captures the sound and sends it electrically, through the cochlea, to the auditory nerve. In this way, completely deaf patients can perceive sounds again. However, as soon as there are problems not only at the level of the cochlea, but also in the middle ear (the so-called conductive losses), then there are more efficient ways to get sound to the partially functioning cochlea.



The most obvious solution is a BAHA, which brings the sound to the cochlea via bone conduction. However, for patients who have problems with both the cochlea and the middle ear (i.e. patients with mixed losses), none of the above solutions is ideal. To this end, the direct acoustic cochlear implant was developed. A DACI brings the sound directly to the cochlea, and provides the most natural way of sound amplification.

The initial feasibility trial started in November 2009, with 15 patients implanted in three participating centres in Germany, Netherlands and Switzerland. The second feasibility study started in January 2012 with 20 patients in Belgium, Germany and Poland.



Did You Know?



It might surprise some people to find out that ears are generally self-cleaning. Ear wax, technically called cerumen, is produced to protect your ears by lubricating the ear canal, trapping dirt, dust and bacteria, and transporting it out of the ear canal. Typically, the wax then dries and falls out without you even noticing it.

Ear wax is produced by tiny glands in the outer third of the ear canal. When you stick something into the ear to clean it, like a cotton bud for instance, you can potentially push the wax back down the ear canal towards the ear drum compacting the ear wax, which can impair your hearing and lead to infections.

What about ear candling? There is some conjecture around exactly how ear candling works. One theory is that the warmed air meets the cooler air and creates a vacuum that draws wax and bacteria out of the ear. So is it effective? There is no evidence that ear candles are an effective treatment for any condition, and are in fact associated with considerable risk.


In summary, the golden rule is to let your ears to clean themselves. If you do suffer from excess wax build up for whatever reason, try using a warm wash cloth or the home remedy of putting 2-3 drops of baby or mineral oil into the ear to help your ears to soften and expel wax. As always, see your doctor if the symptoms persist.

 Source: <http://bit.ly/2DlvjoQ>

Owl about that? They never lose hearing: If ageing humans had ears like those of barn owls they would never need hearing aids. Barn owls, whose sensitivity to sound helps them locate prey, suffer no hearing loss as they get older. Like other birds, but unlike mammals including humans, they are able to regenerate cells in their inner ears.

Aged birds experience minimal hearing loss but the new research shows that there is no statistical difference between the hearing ability of young and very elderly captive barn owls up to 23 years old.

A human will lose more than 30 decibels of sensitivity to high-sound frequencies by the age of 65.

 Source: *One in Six magazine* 17 October 2017



During 2017 the Australian Lions Hearing Dogs organisation delivered a total of 19 dogs in all states and territories except Western Australia.



Hearing dogs alert their owners to sounds in the home by touching the owner with a paw. They offer

safety, security and independence for the deaf and hard of hearing at home.

If you wish to learn more about Hearing Dogs, you can email ceo@lionshearingdogs.com.au or visit www.hearingdogs.asn.au

 Source: *Facebook* 13 December 2017

If you enter the names and phone numbers of all your contacts in your Captel phone, their names and phone numbers will appear on the Captel screen when they ring you. All you have to do is to go to the phone book option on Captel and add or edit the contact to your phone book contacts.

(Source: *Captel Handbook*)



As well Shirley advises that Redlands Hospital has recently installed a Captel phone at their Reception for patients with a hearing loss. This is a step forward for better access for everyone! The hospital also provides WiFi access for their patients with iPads or tablets.



Audeara founders

claim their new headphones will revolutionise listening experience.

Brisbane consumer electronics startup Audeara has hooked up with Attune Hearing to help distribute its headphones nationally.

Audeara raised more than \$466,000 from 1500-plus backers in 67 countries in a Kickstarter campaign earlier this year. It will begin the first deliveries of its headphones to these initial supporters next month.

Audeara's founders, doctors Chris Jeffery and James Fielding, claim they



Dr James Fielding with the new Audeara headphones

have developed the world's first full-fidelity headphones which have a built-in hearing test that revolutionises the listening experience by tailoring the sound based on the test result.

'We're looking forward to giving people who are living with hearing loss the chance to hear music in perfect balance'

"We're looking forward to giving people who are living with hearing loss the chance to hear music in perfect balance," said Dr Fielding, Audeara's CEO. "With (these headphones) you can enhance your experience through precision, not volume."

Dr Fielding said Attune Hearing, which has 70 clinics around the country, was the company's first retail partner.

"Attune Hearing has led the national agenda for audiology services and are based on a strong medical foundation, like we are," he said. Audeara headphones will be available in Attune Hearing clinics early in 2018.

For more information visit www.kickstarter.com/projects/1986358006/audeara-headphones-that-deliver-perfect-sound-always and you can log on to their Facebook page www.facebook.com/audearasound/



Source: The Courier-Mail December 29, 2017

Need Batteries?

CICADA Queensland provides a high quality, competitively priced battery service. The regular price for one box of 10 packets is \$35. The batteries can be sent by Express Post at additional cost if required. To order you can download an order form from the Links page on our website, and email the order to secretary@cicadaqld.com.au



Just for Laughs...

I was on an elevator in a casino in Atlantic City some years back.

I overheard a man behind me comment on my CI processor. 'Wow, that's a BIG hearing aid she's wearing!'

I turned to him and said 'It's not a hearing aid, it's a computer. This... is... a... recording.' and stepped off the elevator laughing.



Source: <http://www.hearinglossrevolution.com/hearing-loss-jokes-26/>

Your Say...

I had the Nucleus 7 fitted on Monday, it's awesome, and I have downloaded the app on my iPhone and can control the volume on the N7 with my iPhone. I have had about six phone calls on my iPhone mobile and it streams directly to my N7 sound processor. It's great in that I can hear so much better on the phone now.



The N7 comes with a great charger for the batteries which is so much smaller than the old one. You can charge the N7 from your computer or the USB port in the car. The N7 is much smaller and more comfortable to wear on the head. I love it and the sound is superior to my previous N6. You are also provided a great backpack for all your stuff and an Aqua+ for the N7, a silicone cover to wear in the pool.

(Note: we would be interested to hear outcomes from other recipients on the new processor).



Source: Kerri Towers, 7 November 2017

A rabbit came into a shop and asked, "Got any carrots?" The seller answered, "No!"

The next day the rabbit came again and asked, "Got any carrots?" The seller replied "No!"

Next day the rabbit came and asked, "Got any carrots?" The seller shouted, "No! And if you come again and ask for carrots, I'll get some nails and hammer you on the wall by your ears!"

Early next morning the rabbit came back and asked, "Got any nails?" The seller answered, "No!" The rabbit asked, "Got any carrots?"

Two deaf men are signing to each other. The first man asks, "What did your wife say when you got home late last night?" The second man replies, "She swore like crazy!" And the first man asks, "What did you do then?" And the second man replies, "I turned out the light."



Source: Anonymous

With the popularity of the mini mic where guest speakers often wear more than one device on their clothing, it can be hard to determine which one is yours. A member suggests putting small coloured stickers on the device so that you can quickly identify which one is yours when retrieving your mini mic from wearer.



As well, Cochlear recommends that the mic covers be changed every three months. While this is good advice, covers can be changed earlier. The quality of the sound can change in just a few weeks and some people believe that a mapping is needed to get the sound returned to its original quality.

A member recently reported that the sound changed just a few weeks after having a mapping. Set to go back for another mapping, the member thought to change the mic cover. On doing so, the member found the sound quality had returned to its original clarity and has continued to change the mic covers every six weeks since.

Bequests

If you wish to make a bequest to CICADA Queensland, please contact our Secretary or President via the contacts provided in this magazine or on our website.



The popular Blue Room Cinebar offers open captioned screenings of popular first release movies every month. Visit their website for details of upcoming sessions.

Important Contacts

Cochlear Direct 1800 620 929

E: customerservice@cochlear.com

Australian Hearing 1800 131 339

E: cisupport@hearing.com.au

Mater Cochlear Implant Clinic 07 3163 8743

E: cochlear@mater.org.au

Royal Brisbane Women's Hospital

Brisbane 07 3646 7616

Helen Court Neurosensory Unit Buderim Private

Hospital 07 5444 3233

E: buderim@nsu.com.au

Last Word

We would like to remind everyone that when their contact details change, please let Administration know. This is especially important if the magazine is received by post.

During 2017 more than the usual amount of posted mail was returned due to a change of address. Please fill out the form on this page and post to us, or send an email to admin@cidadaqld.com.au



Membership Form

(Details kept in strictest confidence / for our records only)

Annual membership is \$20 per person and \$30 per family (July to June of current year). If joining after December of the current financial year, membership for the remainder of the financial year will be \$10.00.

This fee includes the CICADA CHORUS magazine, cheap rates for cochlear implant batteries and other discounts.

Name:

Address:

State: Postcode:

Phone:

Fax:

Email:

Mobile:

Date:/...../..... Signature:

(By signing above, you agree to abide by our rules, be mindful of confidentiality, and adhere to the integrity of CICADA Queensland).

Please tick if you'd like to receive the magazine via email.

This form is downloadable from the CICADA Queensland website. Please make cheques / money orders payable to 'CICADA Queensland' and post along with membership form to:

Shirley Edwards
Secretary
CICADA Queensland
85 Crotona Road
CAPALABA QLD 4157

Bank account details for donations/membership fees:

CICADA Queensland
BSB 638-070
A/C No. 10416358.

IMPORTANT: Please enter your surname as a reference so we know who the monies are from.

Hearing with ...



CICADA

Queensland



(Cochlear Implant Club and
Advisory Association Queensland)

CICADA Queensland is on Facebook!

From the Facebook website, type 'Cicada Queensland' in the search field, click on the CICADA Queensland icon, and away you go! ...or just go to www.cicadaqld.com.au/

Check the website for further details on the latest events and updates after the magazine has been published.

ADVERTISE WITH US!

Did you know CICADA Queensland committee will happily include your advertisement in our magazine at the following prices:

Quarter A4 page: \$75

Half A4 page: \$125

Full A4 page: \$250

For more details about advertising, please contact Shirley, our Secretary via:

E: secretary@cicadaqld.com.au

SMS: 0499 213 561

CapTel: (07) 3824 5003

Please make all submissions for the next edition of CICADA CHORUS magazine by **5 May 2018**.

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Hearing with ...



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