

CICADA CHORUS

The Magazine of CICADA Queensland (Cochlear Implant Club and Advisory Association)
 Patrons: Dr Anthony Parker MBBS FRACS and Dr Christopher Que Hee, ENT

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Affiliated with CICADA Australia, Inc.

FEATURE STORY

IN THIS ISSUE

Announcing new merchandise!

As part of CICADA Queensland's mission statement, we endeavour to provide opportunities for our members, families and friends where and whenever we can. We continually offer new merchandise and specials and explore new ways of offering services that are important to our members.

As a result of a medical emergency where a cochlear implant recipient was very nearly taken for an MRI whilst unconscious, (the processor was not on the head) the committee investigated the possibility of a wristband warning hospital staff of this issue. We found an Australian company who provides quality USB wristbands as shown below.



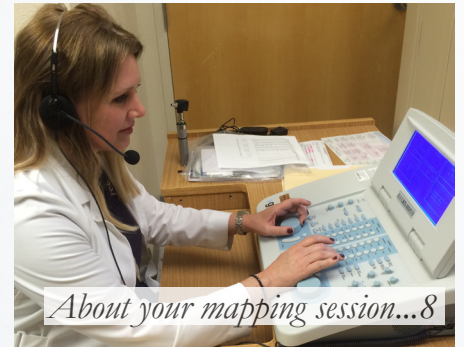
All medical information can be typed up and saved as a PDF document and uploaded to the USB wristband, along with a photo of your driver licence as proof you are the patient for ambulance officers and medical staff.

Ambulance officers and medical staff are familiar with the wristband service and can place the USB in their computer to access your medical information. You can include a photo

of yourself if wished, but a drivers licence is preferable. All surgery, medications and other important information should be uploaded to the USB wristband. As times change, the information can be modified, added to or deleted for up-to-date medical information in the USB wristband.

Cost of the wristband is \$10, postage is free. You can contact a CICADA Queensland branch representative (contact details on page 10) to obtain one. Alternatively you can order via the Forms webpage on our website.

We also have polo shirts and caps displaying our logo that will make a great Christmas gift during the giving season. The polo shirts are available in small, medium and large sizes in a variety of two tone colours. The caps provide great protection from the harsh summer sun and come in four colours—navy, royal, white and black. Visit our website at <https://cicadaqld.com.au/supporting-you/forms/> to order as many as you want!



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*CICADA Queensland Committee
 wishes all our members a wonderful
 Christmas and a Happy New Year!*

You can now get a cochlear implant system from Oticon Medical



Oticon Medical introduces the Neuro System. This first CI system to carry the Oticon Medical name benefits from more than 100 years of hearing expertise and decades of experience in cochlear implant technologies.

Built for better understanding

Using Oticon's technology inside, the Neuro One sound processor combines the latest advances in hearing instruments and cochlear implants.

Designed for living

Using Bluetooth® technologies, you can wirelessly connect to a wide variety of devices, for better and clearer sound.

Ultra-compact and powerful implant

The ultra-thin and compact Neuro Zti implant

allows for a minimally invasive surgery.

And as new sound processing technology becomes available, the Neuro Zti implant allows you to upgrade, so your system can continue to deliver an unparalleled hearing experience – now and in the future.

Find out more

Please contact the Oticon Medical team at tkin@oticonmedical.com.

The product should be used only as directed. Your healthcare professional will advise you whether this product is suitable for your condition.

Because
sound matters

oticon
MEDICAL



President's Pen



you can ask questions and hear the answers.

good watering hole.

To finish off, over the past few years

English is spoken in most countries as a second or third language, so booking into hotels and restaurants and so forth isn't a problem. If you cannot read a brochure that can always be overcome by just asking somebody, and it is best to ask a young person as they would have learnt the language at school and really love to practice speaking English to you.

Border Protection and Customs have become more aware of cochlear implants and if requested they will skip the scanner and give you a pat down instead. So from the start of your trip until you get home you can travel just like any other normal hearing person.

Merry Christmas and Happy New Year!

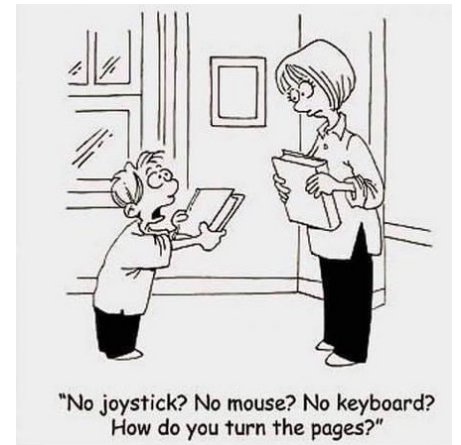
Stephen Willis
President

Welcome Members, and especially our new members, to the Christmas Edition of our magazine. In this issue I would like to tell you about my experiences during my recent trip to the USA and Europe.

People may think how can deaf people travel, as there are multiple sign languages throughout the world. There are so many different situations that you can find yourself in that it can be hard to communicate if you only sign. Having a cochlear implant solved my communication problems. On the aeroplane you can hear what the steward is saying when asking you for a meal option or a drink plus

I found on tours I had no problems by telling my guide about my hearing and asking where the best place to sit was so that I could hear the commentary clearly. Cochlear implants are becoming known and understood as more people get them.

It's not uncommon to be walking along and get a tap on the shoulder by someone who has an implant and ask questions like, 'where did you have your operation', 'how long have you had it' and so on, so you also have made a friend in a foreign country and maybe get a few tour tips or even a



An experienced webmaster is needed to manage and develop our website as part of a coordinated digital communication approach. You must be experienced in WordPress or similar website content management system and Microsoft Office suite. Excellent communication, ability to prioritise, set and meet deadlines is also required. For a full position description, please email our Secretary on secretary@cicadaqld.com.au

MEMBERS' MUSINGS

Fraser Coast Information Session Meetup was held September 1 at Hervey Bay Library. Twenty-seven people attended including the speakers who were Adam Lewtas, Area Manager (pictured right) and Isobel Florence, Senior Audiologist from Australian Hearing, Hervey Bay.

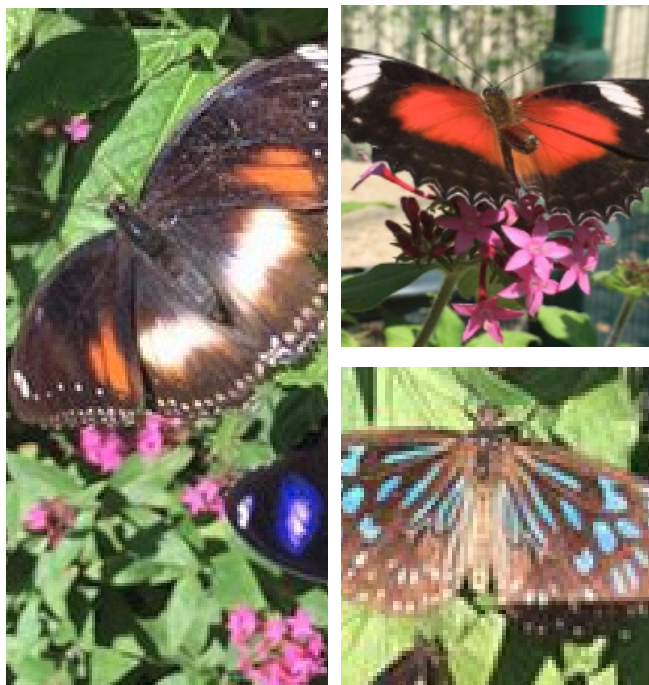
At the start of the session Adam had a total of 6 mics attached to his shirt, and all worked brilliantly! During the demonstration, the Roger Pen was added to his neck attire, with one lady

wearing the Roger pen loop with great results. Many people asked about the rollout of NDIS with two members having applied for a NDIS package. Many older people in the audience did not know about NDIS, and were interested in how it worked.

Adam and Isobel explained the many services of Australian Hearing which include repairs of the processor, replacement parts, fitting a hearing aid to the opposite ear if needed, fitting of a remote microphone, and the related ongoing audiological management. ●



Northside Meetup met on September 4 at their new permanent location in Dragonfly Café, Carseldine. As always with Cicadians, good company and good food made for an enjoyable meetup. Raffle prize of the day of the book "A Penny for Your Thoughts" was won by Cicily Burton-Bradley. Newly retired Peter most certainly enjoyed himself. Pic taken by Brian Anderson. ●



Sunshine Coast Branch's outing to Bribie Island Butterfly House was a great success. The well known saying of Beautiful One Day, Perfect the Next, certainly applied for those who met at the Butterfly House and whom were transported into a magical world of butterflies of all shapes, sizes and colours everywhere... landing in the most unusual places. You had to be quick to take a photo, but those captured were brilliant. We were given a wonderful welcome by volunteer Ray who told us about the history of the Butterfly House, its volunteers and about the butterflies. The effort made by Ray to speak clearly and a little slower so that we could follow his talk really made our morning. The Butterfly House is open on Wednesdays and Sundays only.

Afterwards everyone went to the beach for a picnic by the famous Scooby's fish and chip shop where chat reigned supreme. The raffle of the day was won by Richard who everyone thought arranged it so that he drew the winner's ticket for himself! ●

Winners in our Annual Raffle...
1st prize \$300 - S60 White Roslyn Roberts
2nd Prize \$100 - G47 Grey Damien Plackett
3rd prize \$50 Tupperware voucher - D09I Yellow Dorothy Anderson

Tickets drawn at August Committee Meeting

Portable Loop Donation...
Recently, CICADA Queensland was generously donated a portable loop by the Able Hearing Centre in Southport. Our grateful thanks for this equipment that will be used at future meetings and social events. ●



Have cap, will travel!!

Kev Collins sporting our famous cap while visiting Vietnam. You can also own one by ordering from our website (see page 15 for more info).

OUT & ABOUT



Dog and cat fight: "I hear way better than you!!"

Both dogs and cats have super sonic hearing. To read more about their heightened sense of hearing visit <http://bit.ly/2R27B0L> ●

In a competition run by Blue Care and Redlands Council, our Secretary, Shirley Edwards, has been recognised for her advocacy work on behalf of people experiencing hearing loss alongside other community organisations, including Hear and Say, Better Hearing and Redland Hospital in a competition run by Blue Care and Redlands Hospital.



A winner was chosen from each council division, with two others selected for either a Blue Care or mayor's choice award. Shirley won the award for her division in the council and received a certificate of appreciation at a morning tea held at Alexandra Hills Nandeebie Aged Care and Retirement Living function centre.

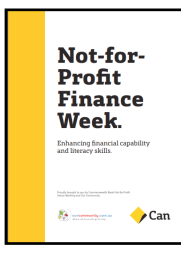
Redland City mayor Karen Williams said the recipients set a great example for others to follow. "Redland City Council is a proud supporter of this Blue Care initiative, which recognises these generous seniors who contribute their time and talents to the community on a regular basis". ●

Source: <http://bit.ly/2N5MLdx>



Awards time for the Be Heard campaign at Redlands Hospital... As many of you know, the Be Heard campaign in Redland Hospital to increase awareness of hearing loss and safe communication over all levels of hospital care has met with much success and real impact on customer care in the hospital. So much so that this campaign was nominated for an Award in the Metro South Health Board Chair's Awards 2018. The team won a high distinction in the category in which it was nominated, and receiving this very special mention was an outstanding achievement indeed since over 100 nominations were received for this award. ●

And one for CICADA... Some time ago, CICADA Queensland nominated their Treasurer, Kim Conway, for the 2018 Commonwealth Bank not-for-profit Treasurers Award.



Four people were chosen as winners of \$5000 from the bank for their organisation and although Kim was not one of the four, we are very pleased to announce that Kim received a beautiful certificate of appreciation and her name was featured on the honour roll in the 'Enhancing financial capability and literacy skills' booklet. As over 1300 nominations were received, this acknowledgement of her service was high mention indeed. Congratulations Kim! ●



UPDATES

Quick Tips



If your cochlear implant is not working, then:

- Confirm it is switched on with the orange light flashing.
- Replace batteries.
- Inspect cords and replace if necessary.
- Confirm all the cords are correctly plugged in.
- Look at any warning lights on your processor or remote.

If your processor is still not working contact your Audiologist or Clinic. ●

New upgrades for Mini Microphone I (MMI)

If you are experiencing any connection issues between your MMI and N7 (or Baha 5), check that your MMI has a serial number lower than I481000151. You need to remove the silver cap at the bottom of the microphone to check this number. If the serial number is lower than I481000151, you need to update the product. For further step-by-step instructions, visit our webpage <http://bit.ly/2CkE2Cu> ●

Have you heard the new cicada sound on the Hearoes app yet? This app provides hearing rehabilitation for new recipients of a cochlear implant. You can download this mobile app to your Android or Apple phone for free!



Check out how this app works on their website <https://www.games4hearoes.com/>. ●

Unlike disposable batteries that can be recycled, rechargeable batteries are binned rather than recycled. ●

Source: Sandra Ford, Customer Service Representative, Cochlear Limited.

SCOTT WOODBRIDGE DESIGN STUDIO



- Branding
- Websites
- Print Design
- Illustration

Please visit happysquiddesigns.com or email designer@scottwoodbridge.com

When going on a flight...

It is okay to walk through the metal detectors at airports with your processor on, as well as the full body scanners but if you are nervous about doing that show your ID card and get a pat down instead.

You can keep your implants on during takeoff and landing.

Don't forget the following items for travelling:

- Patient ID card.
- Copy of current mapping from Audio.
- Back up Processor/Coils and Cables.
- Accessories, if necessary.
- Batteries—either disposables or rechargables.
- Battery Charger if using rechargeable batteries.
- Remote Assistant if necessary.
- Everyday container with Dry Briks. ●



Q: What do you call a giant with lemons in his ears?

A: Anything you want, he can't hear you!

Source: *Coffee News* Vol 210:3 17.09.2018

Due to Federal Government cutbacks, Suzanne Rolfe-Bennett and Agnes are no longer Brisbane representatives of AccessComm. If you wish to buy a Captel phone you can phone 1300 107 546 or visit www.accesscomm.com.au. If you wish to visit in person, their address is Unit 1, 82-86 Minnie Street Southport. ●



With the roll-out of the National Disability Insurance Scheme (NDIS), it has emerged that only 89% of people with disability will be eligible for this scheme. If you are in need of extra support and have been found ineligible for NDIS, Sara Gingold of Disability Service Consulting (DSC) provides alternatives to accessing support on her blog at <http://bit.ly/2CerTPA>. ●

Yellow Cabs Brisbane has a mobile contact if you wish to make a booking by SMS: 0428 131 924. You will need to provide your full name and address. Alternatively, you can download their mobile booking app from either the App Store (Apple), Google Play (Android) or Windows Phone (Microsoft).

On the Sunshine Coast, the Suncoast Cabs company has a mobile app for booking one of their cabs without making a phone call. For voice calls or through the NRS the number is 07 5441 8899. ●



My Hearing Journey

I am sharing my hearing experience to encourage and inspire others to move forward to better hearing and a better quality of life.

My name is Joyclyn Turner, I am 72 and I live on the Sunshine Coast.

I had my CI surgery on 17 May 2018 in Brisbane and was activated on 25 May 2018. I have an Advanced Bionics Nadia Q90 processor on my left side and the Phonak HA link in my right ear.

I was diagnosed with otosclerosis in my 20's and had a stapedotomy done on left ear. Eventually I wore a hearing aid in the left ear and was able to cope reasonably well.

Some years later my left ear also had a perforated eardrum which was surgically repaired. This was followed by a left sided Parotid Tumour which was surgically removed. So you can see my left side has been through a few traumas.

CAPTIONED!

- Kudos to SVL Coffee Shop at 38-62 Moreton Bay Road, Capalaba for enabling subtitles on their TV.
- Blue Room Cinebar regularly shows a new release movie with open captions every month. Visit their website at www.blueroomcinebar.com.au for upcoming screenings.
- Currently there are a few foreign film festivals screening at the Palace Cinemas where foreign movies are subtitled. Visit <https://www.palacecinemas.com.au/film-festivals/> for a listing of all film festivals showing for Italian, Latino, Spanish, German, and French movies.
- Check out this link for the top 15 best speech to text apps for android phones! <https://techviral.net/best-speech-to-text-apps-for-android/>
- Media Access Australia is a not-for-profit organisation which campaigns for equal access to public media platforms. Visit www.mediaaccess.org.au for more information about accessible TV, theatre and cinema.

Eventually, I needed to wear binaural hearing aids. The hearing level in my left ear was more severely diminished than the right ear but I continued to work and function moderately well. My speech/word recognition started getting worse. Therefore communication socially was becoming more difficult and I found myself withdrawing from gatherings. My family suffered also, as I was not able to participate well with communication nor with the grandchildren's conversations as I simply could not understand their tiny voices.

I consulted a ENT doctor who specialised in Hearing Loss. He suggested I get assessed for Cochlear Ear Implant. Well I was scared! I knew from research the sound would be different to what I had been accustomed to hearing and I didn't want my communication with my husband to be any worse than it already was! So I shelved the CI process for another 4 years!

Yes how silly was I!

I have been switched on and wearing my left sided Advanced Bionics, Nadia Q90 implant together with the Phonak HA Link in the right ear. The result is simply amazing. The Phonak hearing aid has been designed and computerized to work with the AB implant and the result in better hearing is astonishing! I am able to participate with the grandchildren in conversation and play. I am able to converse more easily with my husband and once again I find I am eager to join in social gatherings and

YOUR SAY

events where once I would find that an impossible situation.

I wear a AB ComPilot around my neck which has 4 programmes that I can choose depending on the environment. It also connects via Bluetooth to the TV Link which gives me an incredible experience. I still have the subtitles on the TV but can manage without them if there is mainly one or two speakers at any one time.

I can even understand the lyrics of songs (which I never could understand before CI). I find music very enjoyable once more. I had been warned that music sound was not a great success with a CI, but I have not found this to be the case with my AB implant and Phonak aid I have not had any distortion of sound at all.

So please, I encourage you to move forward with restored hearing, don't waste years like I did. Research, get assessed and go forward.

Thank you Advance Bionics and Phonak for the amazing technology and giving me back my life ! ●



ABOUT YOUR MAPPING SESSION

As a cochlear implant (CI) user you have already probably discovered that the programming and fine-tuning of your implant for the best possible hearing is a process which can either be quite straight-forward or feel as if you are chasing your own shadow. Rest assured that audiologists realise that this process is not easy for anyone. Being asked to describe how speech sounds is not something any of us grow up doing.

The program of your implant is fine-tuned as you develop a greater awareness of what you hear, and how you communicate these perceptions to your audiologist, who then applies a combination of technical and clinical adjustments to your MAP. MAP is just a term to describe the combination of settings that make your hearing with an implant unique. But the MAP is only a springboard for what your brain will do with sounds in the long-term.

The basis of the programming session is to instruct your sound processor what the range of loudness should be in your implanted ear, according to the sensitivity of your hearing nerve. The initial step is to determine the least amount of electrical stimulation that will produce the softest sensation of sound. It's like sitting for a hearing test all over again. You almost feel like you are guessing, but this is normal and the audiologist knows all about it. These levels are called thresholds, or T-levels. Getting this just right is not a big deal because there is a lot of variability and it can be checked by doing a hearing test in the booth, called a free-field test. This is where you hear sounds from a speaker, like a 'woo-woo-woo' sound, in the sound-treated room. The image below shows what the free-field audiogram looks like, or close to it. We want to see thresholds with the CI above

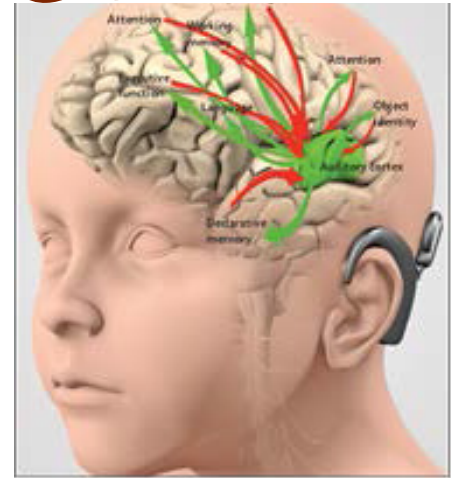
the bubble where speech sounds are heard in a normal conversation.

The next requirement for programming is to instruct the sound processor which is the loudest acceptable volume for you. The processor needs to know how much electrical output can be delivered at each electrode to represent the top volume, which you would still consider comfortable. These levels are aptly named comfort levels, or C-levels.

Although establishing these levels require a lot less concentration on your part, we know that they can also be difficult to estimate. This may be especially so if you had previous trouble with loudness tolerance through hearing aids, or if you have not heard loud high pitched sounds for many years due to your degree of deafness.

Again, audiologists recognise that what is being asked of you would be very difficult for anyone, but the process becomes easier over time as your brain becomes used to hearing those sounds again or for the first time. To help make this judgement easier, and to ensure that the loudness is not underestimated, the audiologist might increase the volume until the level is considered 'too loud', then reduce it until it is perceived as still loud but comfortable.

In the early stages of your program fine-tuning, while getting used to the implant, it is not unusual to find that the perception of loudness might seem quite rough, like a loose volume dial. Sounds might seem either too loud or too soft, and not much in between. But in time, more grades of loudness levels gradually develop to provide a smoother transition of volume steps. Your auditory system needs to relearn all the fine grades of loudness increments which have



been lost during the progression of the hearing loss.

When you consider the clarity of speech you hear, it will only partly depend on how well your MAP provides access to soft and loud sounds. The real speech comprehension comes from listening to speech over and over. It's like relearning a language that you used to understand. You need to immerse yourself and consciously concentrate on listening. The more you listen to speech, the better your comprehension. This is completely up to you. This process doesn't work by just waiting and hoping it will develop. You need to dedicate conscious mental effort to listen and concentrate on speech. It's really like physiotherapy after surgery. Your audiologist will have a lot of options to help you work on auditory rehabilitation exercises that fit your lifestyle.

In conclusion, making the most of the programming or mapping session requires not only time, but good communication between you and your audiologist. In the longer term, it is also vital to realise that the quest for the 'perfect MAP' should not become the main purpose of these sessions.

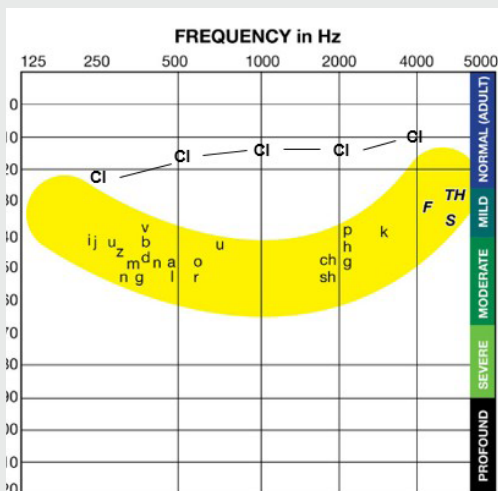
Their purpose is limited to gaining access to sounds in the real world and this is easily confirmed in a test in the sound-treated room quite early on.

▶▶ *Continued on next page*



10 Commandments of a cochlear implant recipient

- 1 Thou shalt wear thine cochlear implant every day so it never feels neglected.
- 2 Thou shalt wipe thine processor every day and clean it with tools supplied, so that it always feels cared for and loved.
- 3 Thou shalt always take thy processor out before going into the shower. Processors hate water!
- 4 Thou shalt take out battery/batteries at night and put the processors to bed in its dry kit where it can feel warm and safe.
- 5 Thou shalt always keep thy sound processor away from “man’s best friend” as the family pooch will think it’s a dog treat.
- 6 Thou shalt NEVER try and repair thine own sound processor and will always take it to thy friends at thy cochlear implant clinic for repair.
- 7 Thou shalt “grizzle” to thy cochlear implant clinic if there is a problem so that their fabulous staff can make you and your sound processor happy again.
- 8 Thou shalt visit thy cochlear implant clinic once a year, to give thine sound processor a service to help your processor live longer.
- 9 Thou shalt ask doctor to check thine ears regularly and clean any wax so that your sound processor has a pleasant environment to live in.
- 10 Thou shalt stay away from metal objects so that thy processor will not be lost!



Continued from previous page

We should remind ourselves now and again that the cochlear implant is the first and only medical prosthesis with a direct neural connection to our brain. Since the implant is communicating with a living organism, your brain, it will be subject to the your emotions, temperament, health, and everything else that makes us human.

Ask yourself, are you a ‘glass half-full or half-empty’ type of person? Having

a positive mental attitude, a relaxed disposition and willingness to help yourself by putting effort into listening again, are the best tools you bring to the partnership with your audiologist.

Consider how you can make the most of your mapping sessions now that you are better informed. Your motivation and state of mind has a great influence on how you experience this wonderful opportunity to hear again. ●

Source: M. Bray, Audiologist

Top 14 Tips on Listening to Music with a cochlear implant



Listening to music with cochlear implants still pose challenges. In 2016 the Columbia University Cochlear Implant Programme conducted research where they noted that speech is a much simpler auditory signal to process compared to music. People with severe hearing loss also have lost auditory neurons. These send signals to the brain. It's not possible to tweak the settings of the implant to compensate for the loss of auditory neurons. Dr. Lalwani, MD, Director of the programme, even goes as far to state that it's unrealistic to expect people with that kind of nerve loss to process the complexity of a symphony, even with an implant. To enjoy the pleasures of music you must persevere. The following list suggest ways of perseverance that can help:

Tip 1: Select your technology

What technology will you use to listen to music? Everyone's hearing is different. You need to experiment and find out what works best for you and this brings us to...

Tip 2: Work with your audiologist

Your audiologist will program different maps into your processor. Getting the right MAP can be a time-consuming process. There are usually four processor settings available. Most cochlear implant users have one music MAP with other settings for conversational performance. But, you could have up to three musical MAPs and one MAP for conversation.

Which MAPs you choose is a personal choice. Work with your audiologist to achieve the right mapping that works for you.

Tip 3: Determine your environment

You could play music at home at a higher volume through speakers with lots of bass to feel the music. Or you could use the Cochlear Wireless Mini Microphone 2 to hear the music privately on your mobile device.

Tip 4: Determine your mood

What kind of mood are you in? This can affect your experience of listening to music. When tired, play relaxing music on the speakers at a lower volume. When more awake and

upbeat, you can change your playlist and play the music at a higher volume.

Tip 5: Work on your listening skills

Listen to audiobooks designed for English as a Second Language (ESL) students. Make sure a transcript of the audio is included. These books are simplified versions and the audio does not contain background noise.

Tip 6: Challenge yourself

Listen and read audio books at the same time. You may feel overwhelmed and lost with the audio at first. Use the transcript to help you follow the dialogue. After a few months, you should be able to understand the dialogue without the transcript.

Tip 7: Recognise that sounds can vary day to day

Some days you will be more tired, and have different concentration and listening levels. A song can then sound different to what you are used to.

Tip 8: Listen to new songs

Download lyrics and audio for new songs for new musical experiences.

Tip 9: Combine audio and visual listening

Watch music clips with subtitles on YouTube. Focus on performances where the music is in sync with the performer so you can read their lips

and note visual cues of their faces and body language.

Tip 10: Have patience

The music might sound awful for you at first using your cochlear implant. But, soak it up and remember that Rome wasn't built in a day.

Tip 11: Set the music on random play

Random play gives you the opportunity to identify what musical genre works for you and what doesn't. If you like the sound of a tune, you can play it over and over again.

Tip 12: Relaxation with the subconscious mind

Play music while doing everyday tasks. Tasks take priority over the music, but you will be soaking up the music subconsciously.

Tip 13: Musical repetition

Play the same tune again and again accompanied by the lyric transcript.

Tip 14: Use song lyric apps

For real time lyrics to a song while it's playing, use the Musixmatch app. This app identifies the song playing and displays the lyrics. It has an excellent database of songs and is free to download on Android and Apple phones. ●

Source: Adapted from Aiden Toomey's blog at www.toomeycochlearpro.com

More about MRI scans...

All Cochlear Nucleus implants have a purpose-designed, easily removable magnet to address the risk of image blurring in head or brain MRI, which usually takes from 30 to 60 minutes.

The magnet is removed in a simple outpatient procedure before the MRI takes place. A temporary fixing disc is then used to hold the external coil in place. This means that the recipient only experiences hearing downtime during the actual scan when the sound processor cannot be worn.

Once the MRI is complete, a new

sterile magnet is re-inserted into the implant.

Do all implant brands feature a removable magnet?

No. Some implant brands do not permit the magnet to be removed during MRI scan, or have complicated magnet removal procedures that may require more extensive surgery.

Because MRI head and brain scans are hard to perform unless the implant magnet is removed, recipients with competitor implants maybe required to seek alternative treatment options.

● *Source: Cochlear Limited*

UPDATES

Combining light and sound...

Cochlear implants have restored hearing to hundreds of thousands of people globally. They work well in quiet conditions, but speech perception can be difficult in noisy environments.

Dr Rachael Richardson, a senior research fellow at The Bionics Institute in Melbourne, and University of Melbourne colleagues are looking at using light to activate the hearing nerve since light can be focused more precisely than electrical stimulation.

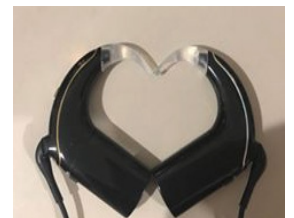
For light-based stimulation to work, nerves must first be made responsive to light by the addition of a gene. This field of science is called 'optogenetics'.

Optogenetics has been used successfully to activate nerves in the brain, heart and other organs with high precision. Bionic Institute research has demonstrated the feasibility of the technique in the inner ear, and opens up the exciting possibility of improving the precision of auditory nerve stimulation and therefore the quality and complexity of sounds perceived by cochlear implant recipients. ●

Reproduced with permission of the Bionics Institute

Upgrading to N7? Bilateral?

A tip from a member is that if you choose black processors, order one with a gold accent and the other with a silver accent so you can tell them apart. Easy! ●



Gold & silver accents on N7 processor

N7 and the mobile phone...

With many newer recipients now using either an iPhone or Android in place of a hand held remote, there are a few challenges until one gets used to the new technology. We suggest you ensure that the technology works for you before you leave the Cochlear clinic as it is possible you could be locked out at some location, and the screen will freeze. Be aware too that Bluetooth eats up your battery power, so it is a good idea to turn off all apps that you don't use at night before recharging your phone. There is a short list of helpful hints that come with the N7 package so a good idea is to carry this around with you if possible. On the brighter side, the new feature of forward focus is one of the best features yet, and hearing on the phone is a big improvement. With so many choices out there for mobile phones, it is an idea to try different ones before purchasing. ●



Telephone Audio Adapter

Did you know there is a device that allows you to hear on any landline telephone that doesn't have Bluetooth capability?

The great thing is you can wear the KANSO and hear on any phone, which means that you can use any office phone in the workplace whether it is Bluetooth or not.

This is the Telephone Audio Adaptor that you plug into the Cochlear Mini

Mic (this adaptor doesn't work with the Phone Clip). This makes it all possible now to hear on the phone through the KANSO.

The device (pictured left) is available at WOM (Word of Mouth). You can find out more by emailing info@wom.com.au or by visiting <https://wom.com.au/catalogsearch/result/?q=3.5> ●

Source: sent in by Damien Plackett.



Notice sound changes frequently?

There are a few reasons why hearing loss occurs temporarily and it can take a little investigating to find the cause.

One of them is ear wax that can block the ears and reduce the ability to hear and cause temporary hearing loss until the wax is removed, or causes of blockages are investigated. Blocked ears can also lead to dizziness and pain. It is recommended that you have your ears checked for blockages on a regular basis. Even though a clogged ear may not cause pain or discomfort, muffled sounds and straining to hear can be a real nuisance. Your ear may unblock on its own within hours or days. But several home remedies and medications can provide fast relief. As you treat a clogged ear, it's also helpful to identify possible causes of the blockage.

The other is: When was the last time you changed your MIC covers on your processor? Regular changing of MIC covers keeps hearing constant and consistent. Mark on the calendar or diary when it's time to change the covers.

Information about blocked ears

Eustachian tube blockage

An Eustachian tube blockage is one possible cause of a clogged ear. The Eustachian tube connects the middle ear to the throat. Fluid and mucus flows from the ear to the back of the throat through this tube, where it's swallowed.

But instead of flowing down the throat, fluid and mucus can sometimes become trapped in the middle ear and clog the ear. This blockage usually accompanies an infection, such as the common cold, influenza, or sinusitis. Allergic rhinitis can also cause a blockage in the Eustachian tube.

Other symptoms of a blockage caused by an infection or allergies can include: runny nose, coughing, sneezing and sore throat.

Unblocking the Eustachian tube is important because trapped fluid can cause an ear infection, which is when a bacteria or viral infection gets into the middle ear.

Swimming

Swimming can also trigger an ear infection. This happens when water remains in the ear after swimming. Known as swimmer's ear, this moist environment encourages the growth of bacteria or fungus. Signs of an ear infection can include: ear pain, redness, fluid drainage and fever.

Higher altitude

Some people experience temporary ear clogging while scuba diving, driving up a mountain, or flying in an airplane. A rapid change in air pressure outside the body causes this blockage.

The Eustachian tube equalizes pressure in the middle ear. But at higher

altitudes, it can't always equalize pressure properly. As a result, the change in air pressure is felt in the ears. A clogged ear is sometimes the only side effect of an altitude change. If you develop high altitude sickness, you may also have a headache, nausea, or shortness of breath.

Earwax

Earwax protects your ear by cleansing the ear canal and preventing debris from entering the ear. Using a cotton swab to clean inside the ear is sometimes responsible for these blockages. Cotton swabs shouldn't be placed inside of the ear. This method of cleaning can push earwax deeper into the ear.

Wax is normally soft, but it can harden and cause a blockage in the ear. When earwax triggers a clogged ear, other symptoms may include: an earache, ringing in the ears and dizziness.

Treatments for a clogged ear

Although a clogged ear is an annoying distraction, it's usually treatable with home remedies.

Use the Valsalva maneuver

This simple trick helps open your Eustachian tube. To perform this maneuver, take a deep breath and pinch your nose. With your mouth closed, attempt to exhale gently

through your nose. This should create enough pressure to “pop” or unclog the ear. Don’t blow too hard to avoid damaging your eardrum. Once your Eustachian tube opens, chew gum or suck on hard candy to keep it opened.

Inhale steam

Turn on a hot shower and sit in the bathroom for 10 to 15 minutes. The steam from the hot water helps loosen mucus in the ear. Another option is placing a hot or warm washcloth over your ear.

Dislodge trapped fluid

Insert your index finger into the affected ear and gently move your finger up and down. This technique helps remove trapped fluid. A hair

dryer on a low heat setting held a few inches from your ear might also help dry fluid in the ear.

Take over-the-counter medication

Over-the-counter medication can treat a clogged ear caused by sinus drainage, colds or allergies. Take cold or sinus medication containing a decongestant or an antihistamine. Make sure to follow directions on the label.

Ear drops

An earwax removal kit (Debrox Earwax Removal Kit or Murine Ear Wax Removal System) can soften and flush earwax from the ears. You can also place two or three drops

of warm mineral oil, baby oil, or hydrogen peroxide into your ear using a medicine dropper. Keep your head tilted for a few seconds after applying the drops to flush wax from the ear.

Outlook for clogged ears

A clogged ear is usually temporary, with many people successfully self-treating with home remedies and OTC medications. Contact your doctor if your ears remain blocked after experimenting with different home remedies, especially if you have hearing loss, ringing in the ears or pain. You may need prescription-strength ear drops or manual wax removal. ●

Source: <http://bit.ly/2Qm53KK>

A bit about speech and hearing ability...

Hearing loss affects not only the amount (or loudness) of sounds heard, but also the clarity of sounds. This is why people with hearing loss often say “I can hear but not understand”.

Good speech discrimination means you can understand most or all of what is being said listening through hearing aids or other hearing devices when it is quiet and the person you are talking to is speaking clearly.

Poor speech discrimination means you’re not able to distinguish well

what is being said even when the voice is clear and turned up to levels to compensate for our hearing loss.

How is speech discrimination assessed?

Clinicians assess speech discrimination by playing a list of words through headphones and recording how much is understood. Audiologists measure

speech discrimination in percent. If your discrimination scores are 100%, you understand everything you hear. At the other end of the spectrum, 0% discrimination means you can’t understand a single word that is spoken no matter how loud it is. ●

Source: Australian Hearing website

All the better to hear you...

The struggle to hear conversations in a restaurant or a crowded room, is one of the most common problems presented to hearing specialists.

Most people instinctively place themselves in a corner so that they can see everything going on. That’s great if you’re a ‘people watcher’, but it’s the worst thing to do if you have hearing problems. Our ears face forward too, so if you’re facing the crowd, you’re hearing the crowd.

For those suffering hearing loss the best place to sit is toward the corner of the room with your back to the noise and facing those you want to hear. This position ensures you block out as much background noise as

possible, get less reverberation from the walls and focus your hearing on those in your party.

Restaurants 30 years ago were comfortable places to communicate, with comfortable chairs, thick carpet, curtains, table cloths and soft background dinner music.

Changing interior design has conspired to make dining out an exercise in frustration. Hardwood or tiled floors, easy-clean hard chairs and bare table tops, together with lots of windows,

mostly closed so the air-conditioner is adding to noise to the room, and of course loud background music, make talking difficult.

As a result, everyone speaks louder, and the end result is that many struggle, even those with normal hearing.

The same problem exists in many homes, with the trend for open plan living enabling kitchen noise to intrude into the TV or living areas. ●

Source: Taken from Edition 42 September 2018 of Your Time

MONTHLY MEET-UPS

Southside

Flying Pepper, 120 Kate Circuit, Rochedale
Next held Thursday **7 February 2019** from 10am - 12noon
Contact Shirley on secretary@cicadaqld.com.au

Northside

Dragonfly Cafe, 1657 Gympie Road, Carseldine
Next held on Saturday **24 November** from 10am - 12noon
Contact Gail on gail046@hotmail.com

Fraser Coast

Hervey Bay Library on the 1st Saturday of the month
from 1.30pm onwards.

Gold Coast

Able Centre, 13 Sykes Court, Southport on the
1st Wednesday of the month from 10am - 12noon.

Sunshine Coast

Sunshine Castle on the last Tuesday of the month
from 10am - 12noon.

Logan Hearing Support Group

Logan North Library on the 1st Saturday of the month
from 9am - 12noon.

IMPORTANT CONTACTS

Attune Hearing

P: 07 3837 0400
E: implant@attune.com.au

Australian Hearing

P: 1800 131 339
E: cisupport@hearing.com.au

Cochlear Ltd Customer Service

P: 1800 620 929 or SMS 0438 795 224
E: customerservice@cochlear.com

Helen Court Neurosensory Unit

Buderim Private Hospital
P: 07 5444 3233
E: buderim@nsu.com.au

Mater Cochlear Implant Clinic

P: 07 3163 8743
E: cochlear@mater.org.au

Royal Brisbane & Women's Hospital Audiology Clinic

P: 07 3646 1700
E: Audiology_RBWH@health.qld.gov.au

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BHA Logan Hearing Support Group

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E: pfm.sandy@gmail.com



CICADA Queensland is on Facebook!

Visit our page to read posts and updates on the latest CI technology, reviews and news.

Be sure to use the keywords of *CICADA Queensland* when searching for our FB page.

Alternatively, our website is <https://cicadaqld.com.au>

Hearing with ...



VISION & MISSION STATEMENT:

Our mission is to provide advice, support and opportunities for social engagement in a community, to people with or considering cochlear implants and their friends and families.

Our vision is that all Queenslanders with or considering cochlear implants are supported and informed in their decisions.

BEQUESTS:

If you wish to make a bequest to CICADA Queensland, contact our Secretary on secretary@cicadaqld.com.au

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Join us as a Friend of CICADA Queensland!

Annual membership is \$20 per person and \$30 per family from July to June of the current year. If joining after December of the current financial year, membership for the rest of the current financial year is \$10.

This fee includes the quarterly CICADA CHORUS magazine.

Our Membership Form is available on our [Forms](#) webpage.

Battery Service and Merchandise

CICADA Queensland provides a cochlear implant battery service and sells customised name badges, polo shirts, caps and MEDICAL ALERT! USB wristbands. All merchandise displays our logo. The shirts and caps are available in a variety of different colours and sizes. Prices are:

- A box of iCellTech 675 batteries cost \$35.00 plus postage.
- Cap cost \$14.50 each. Postage is extra.
- Polo shirt cost \$28.00 each. Postage is extra.
- MEDICAL ALERT! USB wristband cost \$10.00 each. Postage is included in the cost.
- Name badges (magnetic) cost \$11.90 each. Postage is \$4.95.

All order forms show postage prices and are available on our [Forms](#) webpage.

If paying by cheque or money order, please make payable to CICADA Queensland and post with the order form/s to Secretary, CICADA Queensland, 85 Crotona Road, Capalaba 4157.

Our Heritage bank account is in the name of CICADA Queensland, Account No. 10416358, BSB 638-070. Please provide your surname as a reference for who payment is from when depositing payments into our account.



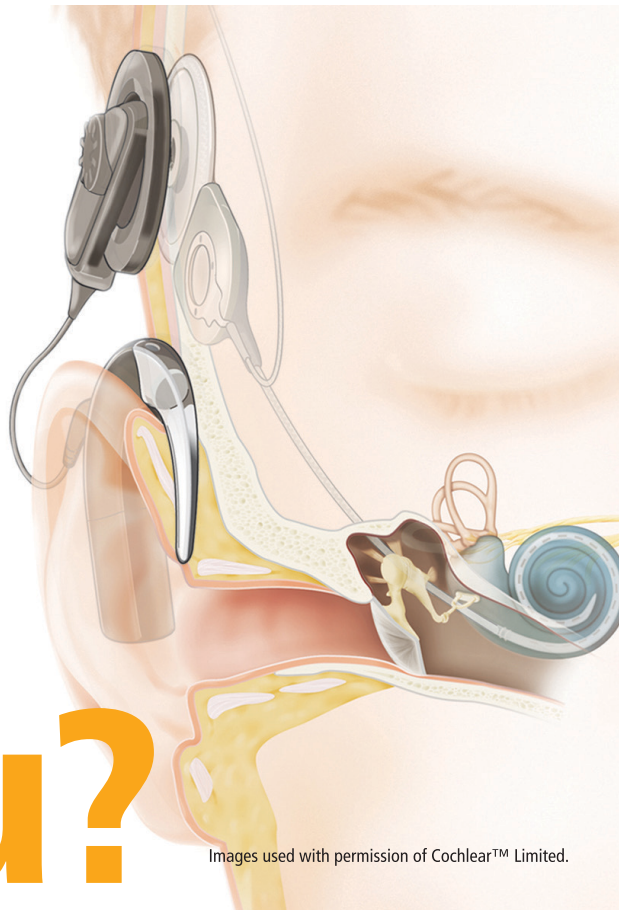
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For the mag that doesn't lag...

Please make all submissions for next edition of CICADA CHORUS by 1 February 2019, A word limit of 600 words applies.

Could a hearing Implant help you?



Images used with permission of Cochlear™ Limited.

Attune Hearing Implant Centre

The Attune Hearing Implant Centre (Previously QCIC) is a private clinic offering a high quality, rehabilitation-focused program for cochlear implant, bone conduction (BAHA/Bonebridge) and Vibrant Soundbridge (VSB) candidates, recipients and their families.

The program aims to provide the best possible quality of life outcome for patients with hearing loss who cannot achieve this with conventional amplification.

Our program:

- was established in 1992 giving you the benefit of 26 years of experience
- provides rehabilitation tailored to the patient's unique situation
- using highly trained staff and world class clinical practices
- is regularly involved in research programs to improve the outcomes for recipients

- has clinics in Brisbane, Nambour, Townsville, Rockhampton and visiting Cochlear Implant clinics to Aspley and Ipswich
- promotes connectivity with trials of wireless devices and assistance to set up your mobile phone with your cochlear
- provides on going aftercare service to ensure you are always on air and regularly updated with new technology

The Program has cultivated a progressive, highly ethical, patient-orientated, multidisciplinary team approach to Cochlear Implant candidate selection and recipient management.

Our Brisbane clinics run regular free Cochlear Implant information sessions for those who feel they are no longer benefitting from hearing aids and want to learn more about Cochlear Implants.

For more information or to attend one of our free sessions please email: implanthelp@attune.com.au

Freecall: 1800 195 155 | www.attune.com.au

Attune is supervised and supported by Ear, Nose and Throat Specialists.

attune[™]
hearing each moment