

# **Meeting Notes**

## **Hearing Solutions SIG Meeting**

**April 14, 2016 – 3:00 p.m.**

Sun City Social Center Ballroom

## **Re-training Your Brain to Hear**

Presented by Karen Block from Zounds Hearing



# Re-training Your Brain to Hear

Zounds Hearing Georgetown  
Karen Block  
Hearing Specialist

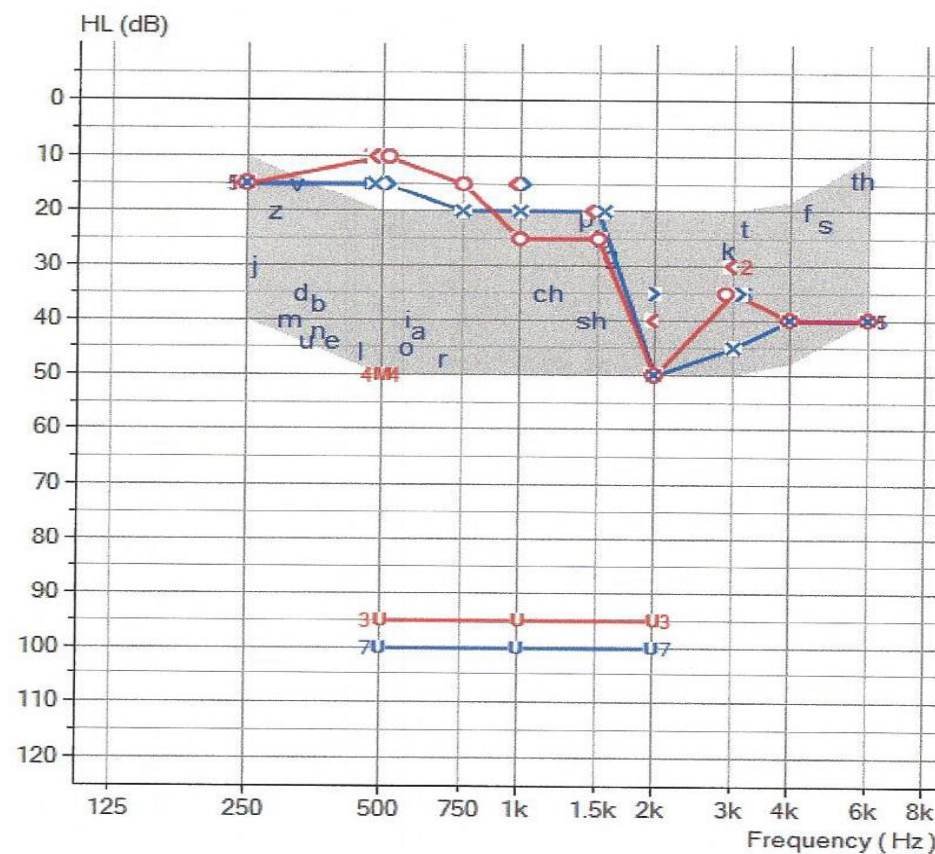


**Auditory Deprivation** is a condition that occurs in individuals suffering from hearing loss where their brain loses the ability to interpret words due to a lack of stimulation over an extended period of time.



Block, Karen  
1/1/1901 (115 y.o.)

## Audiometry



Left	125	250	500	750	1k	1.5k	2k	3k	4k	6k	8k
AC		15	15	20	20	20	50	45	40	40	
BC			15		15		35	35			

Right	125	250	500	750	1k	1.5k	2k	3k	4k	6k	8k
AC		15	10	15	25	25	50	35	40	40	
BC			10		15	20	40	30			

1	—	Air Conduction, AI=58%, PTA=28, HFA=33
2	—	Bone Conduction, PTA=22, HFA=25
3	—	Uncomfortable level
4	—	Most comfortable level
5	—	Air Conduction, AI=59%, PTA=28, HFA=31
6	—	Bone Conduction, PTA=22, HFA=26
7	—	Uncomfortable level

AC	SRT	WR	WR, Aided
Left	30dB	75% at 65dB	
Right	30dB	50% at 65dB	

MCL	UCL
65dB	
65dB	

# Who is affected

- It can affect almost anyone, people with mild hearing loss to those with more severe hearing loss
- People who wear old hearing aids or only wear one when two are necessary.
- Untreated Hearing loss
- People who don't wear their instruments all the time.

# Hearing and Understanding

- Ear move sound to our brain
- Speech interpretation is processed by the brain
- Ears unable to hear sounds, brain has nothing to process
- Lack of stimulation in this area of the brain causes you to lose functionality of understanding speech.
- Basically – Use it or Lose it!



Most people in this room came from this era of people who were raised to work hard for what they want.

- Without dedication there is no benefit

I continue to search for a reason why “some” of my client are looking to blame the Hearing “aid” and not willing to put in the time and effort to get the full benefits...

- New aids touting brain hearing!

- Bought a pencil...Does it write by itself?
- Bought a computer...will it do all the research for you?

Almost! But not there yet!

Buy a car and expect it to drive by itself?

Almost! But not there yet!

- Knee Replacement, hips and shoulders reconstruction
- Do you use the gym? Why?
- Why is our hearing any different?
  - Because relatively it is new science.

# What can you do?

- Wear your hearing instruments all day everyday
- Get your hearing tested every year
- Don't wait ... No procrastinating!
- Work the program...**Program? What Program?**

# The Program

The program is Rehab for hearing...

- Book on tape – and the book!
- L.A.C.E.
- Brain HQ
- Elevate
- Using Captioned Telephone like Captel

# Books on Tape

- Check out a book on tape, and check out the book to match.
- Unfamiliar voice
- Following along
- Your brain hears it, Your brain sees it...
- Your brain connects...try a British narrator!



# L.A.C.E

## Listening And Communication Enhancement

- Retrain the brain to comprehend speech up to 40% better
- Difficult listening situations
- Noisy Restaurants
- Rapid speakers
- Competing speakers

Physical therapy can help rebuild muscles and adjust movements to compensate for physical weakness or injury, LACE will help develop skills to listen better

# BrainHQ

- Built and tested by an international team of top neuro-scientists and other brain experts.
- Cognitive benefits – better memory, faster processing, safer driving and better hearing in noisy places.
- Computer, Laptop, Iphone
- Train at least 4 x a week

# Elevate

This program is like taking a brain mufti-vitamin every day!

Cognitive training tool for your smart phone or computer tablet.

Train a minimum of 4 times a week about 15 to 30 minutes a day



# In Conclusion



Mental activity:  
the more the better



A study led by psychologist Michael Valenzuela investigated the influence of mental activity on the brain. The study found that those who are mentally active have a 46% decreased risk of developing dementia. To stay mentally fit you can do all sorts of things - play chess, learn an instrument, or even a foreign language. However we all know how difficult it is to schedule in a daily chess match, when there is so much going on in your life. Brain training is a convenient alternative - you always have your phone nearby, and there are always moments where you can play a quick game. Just start a session while on the train, waiting in the doctor's office, or before switching off the light for bed.

## **Zounds Hearing Georgetown**

Near HEB on Williams Dr., Behind the Bank of America

**512-863-4333**

References to Re-Train the brain

- **Resources:**

**Improving the Human Condition: Brain Training for Better Health - University of Maryland**

<http://bsos.umd.edu/messaging/Improving-Human-Condition-PSYC>

**In Older Adults, the Brain Can Still Be Trained to Hear in Noise -**

[http://www.brainvolts.northwestern.edu/documents/Kraus\\_Anderson\\_HearJour\\_May\\_2013.pdf](http://www.brainvolts.northwestern.edu/documents/Kraus_Anderson_HearJour_May_2013.pdf)

**Book by Dr. Majid Fotuhi – The Memory Cure, memory loss and Alzheimer's and Boost Your Brain**

**Books on Tape**

Local library or Sun City Library, but get the book to match the tape to follow along!



## Listening Training Programs

Here are some auditory listening programs that can be done at home from your own computer. Mention of these products does not imply HLAA or Hearing Solutions SIG endorsement nor does exclusion of any other products imply disapproval.

### **LACE Neurotone.com**

30% discount at checkout LACE4HLAA  
HLAA Membership is \$35.00 individual

### **Brain HQ – Posit Science Brain Fitness – Brainhq.com**

\$14.00 a month paid monthly  
\$96.00 annually if paid lump sum

### **Elevate – Android or Iphone App Store Download Free**

Free Games, upgrade if you want more games. I use this in the Free mode.  
Cost of upgrade \$44.99 a year

### **Angel Sound**

<http://angelsound.tigerspeech.com>

Angel Sound is a free, PC-based, self-paced, interactive auditory training and assessment program. The iPad version is more abbreviated than the PC version. To use Angel Sound on MAC computers, Parallels Desktop or Bootcamp (with Window OS installed) is required.  
Request a CD via email: [angelvoice@emilyfufoundation.org](mailto:angelvoice@emilyfufoundation.org)

**Captioning – Captioning phones by Captel.** Both Free. For the telephone you need signature on the special form, from a Hearing Specialist (me), Audiologist or regular Doctor to state you do have a hearing loss. Turn in to me. I can also do a hearing test and sign off for you too.

# **NEXT MEETING**

## **Hearing Solutions SIG Meeting**

**May 26, 2016 – 10:00 a.m.**

**Activity Center Atrium**