

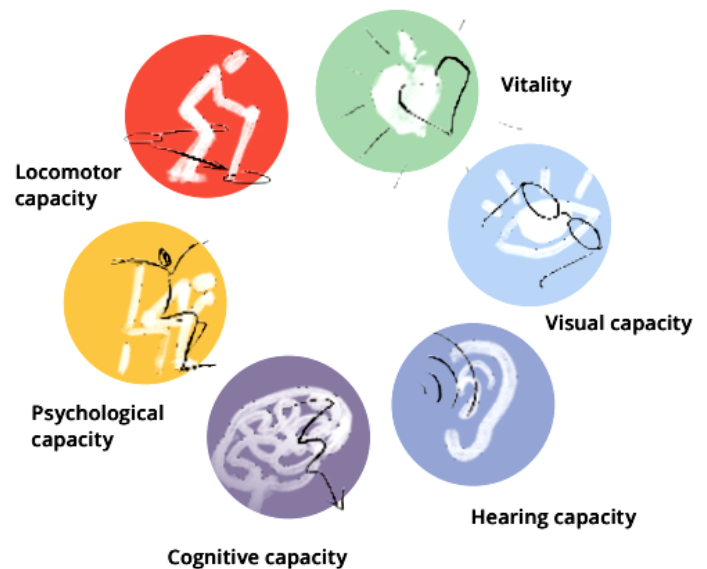


Does Healthy Hearing = Healthy Aging?

The World Health Organization (WHO) lists **hearing** as one of the six factors that contribute to healthy aging. WHO discusses these factors in terms of “capacity” or the ability to function. Capacity is expected to change with age and progresses from a period of “**high capacity**” to “**declining capacity**” and eventually to “**loss of capacity**,” which translates to increased dependency on others. The six factors are:

- Visual capacity
- Hearing capacity
- Cognitive capacity
- Psychological capacity
- Locomotor capacity (mobility)
- Vitality (nutrition)

Clearly these factors may be interrelated in that one capacity may have an affect on another. For example, studies have shown that cognition is negatively associated with hearing loss due to lack of auditory stimulation and increased load of listening (Lin, 2011). Psychological wellbeing also is affected negatively by hearing loss due to the inability to fully participate in and enjoy social activities (Gao, Hu, & Yao, 2020).



WHO recommends that the **first step** in addressing hearing capacity is to **schedule a hearing assessment**. Depending on the results, the next steps are to assess risk factors for hearing loss, refer to a medical provider for medical management (if appropriate), and fit with hearing devices to restore hearing capacity. WHO also recognizes the importance of managing “social and physical environments” by:



- ◆ Providing emotional support and help with managing emotional distress
- ◆ Providing assistive devices around the house (telephone, door bells)
- ◆ Providing the person with hearing loss, their family members and caregivers with strategies to stay connected and maintain relationships

To learn more about how to improve your hearing, contact your UNCG audiologist. ***We are here to help!***

Resources:

Gao, J., Hu, H. & Yao, L. (2020). The role of social engagement in the association of self-reported hearing loss and health-related quality of life. *BMC Geriatr* **20**, 182 (<https://doi.org/10.1186/s12877-020-01581-0>).

Integrated care for older people (ICOPE): Guidance for person-centred assessment and pathways in primary care. Geneva: World Health Organization; 2019 (WHO/FWC/ALC/19.1). License: CC BY-NC-SA 3.0 IGO. <https://www.who.int/publications/i/item/WHO-FWC-ALC-19.1>

Lin F. R. (2011). Hearing loss and cognition among older adults in the United States. *The journals of gerontology. Series A, Biological sciences and medical sciences*, *66*(10), 1131–1136. <https://doi.org/10.1093/gerona/glr115>

Manufacturer Updates



NEW hands free calling is now available! With Oticon MORE hearing aids and Apple iPhone 11 or later running iOS 15.2 or later, hands free video and phone calls can be activated with a firmware update that can be completed during your in-person appointment.



The Insignia AX is a NEW custom, in-the-ear hearing aid that is rechargeable and offers up to 24 hours of battery life. Insignia hearing aids are also Bluetooth compatible allowing you to stream your favorite music, audiobooks, and phone calls through your custom hearing aids.



Introducing the NEW Audeo Life - the world's first rechargeable and waterproof hearing aid! Enjoy peace of mind with a hearing aid designed to withstand rain, sweat, pool water, salt water, and fresh water. The Audeo Life is universally Bluetooth compatible and can be controlled with the MyPhonak app.



NEW Upgrade! Moment hearing aids can now stream music, podcasts, videos, and phone calls directly to select Android phones! Widex has also offers Pure-Sound, the fastest sound processing in the hearing aid industry for a more natural sound.



NEW hands free calling is now available for Apple iPhone 11 or later running iOS 15.2 or later and can be activated with a firmware update! Also check out Jabra—ReSound's NEW over-the-counter hearing aid option.



A NEW line of hearing aids, the Evolv, provides exceptional sound quality and innovative Artificial Intelligence (AI). Evolv devices are Android and Apple compatible and connect your hearing aids to the Thrive app for remote control capability, wellness tracking, audible reminders, and fall detection.

What Type of Hearing Device is Right for Me?

Over-the-Counter (OTCs) - appropriate for people with mild to moderate hearing loss who want to hear better in simple (quiet) listening environments

Assistive Listening Devices - designed for specific listening situations such as watching television or talking on the phone



Bone-Conduction Hearing Aids - transmit sound through the mastoid bone for unilateral (one ear) hearing loss or conductive hearing loss involving outer/middle ear

Cochlear Implants - implantable device for severe to profound hearing loss that is not helped by traditional hearing aids

UNCG Speech and Hearing Center offers **Traditional Hearing Aids** as well as a variety of other options that may be right for you. Your UNCG audiologist will help find the option that is appropriate for your listening needs, budget, and preferences. We can also clean, program, and troubleshoot your existing devices.

Contact us to schedule an appointment today.

Speech and Hearing Center Updates

We would like to share with you important updates at the UNCG Speech and Hearing Center. As always, please reach out if you have any questions or concerns.

- 1) No Surprises Act of 2022** - To protect consumers from unexpected medical bills, this legislation requires healthcare providers to give a Good Faith Estimate for services not covered by insurance. The Center will send you an estimate after scheduling an appointment that provides the total estimated cost for expected services as well as an itemized list of procedure codes. For reoccurring charges/services, you will receive one estimate for an entire calendar year. Please contact the Center if you have questions about the estimate prior to your appointment.
- 2) Hushmail** - The Center uses an encrypted email system ("Hushmail") to communicate with patients about protected health information (PHI). You will receive your "Good Faith Estimate" through Hushmail, which will require you to create a passphrase and enter the same passphrase each time you open a secure email. If you forget your passphrase, you can reset it, but the messages in your inbox will be erased and you will need to contact the Center to have the secure email resent. You can reply to a Hushmail if you have questions.
- 3) Phone System** - The University switched to an internet based phone system in Fall 2021 that has affected both the quality and reliability of our phone calls. We appreciate your patience as we work with IT to troubleshoot and improve our phone system.
- 4) COVID Updates** - The Center still requires masks that cover the mouth and nose in all clinical areas to protect patients, providers, and students. Upon arrival, you may enter the building and will be asked to answer COVID screening questions at the check in window. We ask that you do not enter the building if you are sick, have been exposed to someone who is sick, or you have tested positive for COVID within the previous 10 days. If you would like to schedule your appointment during a time when we are less busy, please let us know. For your convenience, we still offer curbside services for some audiology appointments.
- 5) Parking** - For those who are unaware, the Center has a mailbox located near the clinical parking lot. If you need a parking pass, please call us at 336-334-5939 and we will provide an access code to the mailbox. Parking is not usually a problem at the University but if you do have difficulty finding a space, please call us and we will assist you. Parking on the street (along Highland Avenue and Oakland Ave) also is free.

Hearing Difficulty Doesn't Have to Spoil the Show: Telecoil Can Help!

Many hearing devices (including hearing aids and cochlear implants) contain a small coil of wire called a **telecoil** that were originally designed to work with landline telephones. Telecoils now have other applications you may find beneficial. For example, when a venue is "looped" and you have a telecoil in your hearing aid, you can switch your hearing device into the telecoil program to connect to the sound system. The telecoil allows the hearing device to pick up the electromagnetic signal from the public address system. As a result, your hearing device receives the sound at your prescribed volume as if the speaker was close by. This "direct audio input" also provides increased clarity compared to listening through loudspeakers and can help overcome the effects of poor acoustics. If your hearing device has a built-in telecoil, no additional equipment is required to access a hearing loop. However, your audiologist may need to activate it for you. For hearing devices that are not telecoil enabled, accessories are available that may provide access to telecoil.



To find out if a venue you visit is looped for sound, look for the universal blue Telecoil sign or visit <https://time2loopamerica.com/loop-locator/> to find a list of venues in your area. The new Tanger Center in Greensboro has a loop system. Contact your UNCG audiologist to schedule a **free in-office demonstration of telecoil technology**.



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The Hearing Herald

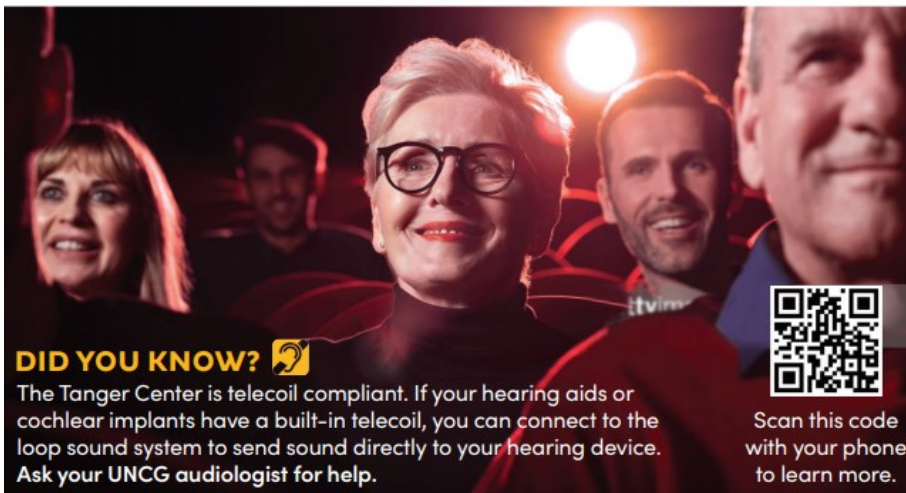
**16th Edition
April 2022**

HAVING TROUBLE HEARING?

The UNC Greensboro Speech and Hearing Center can help.

Inside this issue:

- World Health Organization (WHO) identifies hearing as essential for healthy aging
- Using hearing aid telecoils with loop systems
- Choosing among different types of hearing devices
- Manufacturer Updates
- Center Updates



DID YOU KNOW?

The Tanger Center is telecoil compliant. If your hearing aids or cochlear implants have a built-in telecoil, you can connect to the loop sound system to send sound directly to your hearing device. Ask your UNCG audiologist for help.



Scan this code with your phone to learn more.