

# HAVE YOU HEARD...

 **Washington  
University in St. Louis**  
**Physicians**

Summer 2013  
Division of Adult Audiology  
Department of Otolaryngology  
Website: <http://hearing.wustl.edu>



TRAVIS HOPKINS WILLIAMS

Travis is from Murphysboro, Illinois. He graduated with a **B.S. in Communication Disorders and Sciences from Southern Illinois University – Carbondale** in 2010. Currently, he is a Fourth Year extern in the **Doctor of Audiology program at Washington University in St. Louis School of Medicine** and will graduate in May, 2014. His primary interests include adult audiology, research, hearing devices, unilateral and asymmetrical hearing losses. In his leisure time, Travis enjoys fishing, sports, cooking, and listening to music.

## STAFF NEWS:

- **Alison Brockmeyer, AuD** is treasurer of Missouri Academy of Audiology (MAA) 2013-2015.
- **Mandy Ortmann, PhD** is president elect of MAA, 2013.

## SERVICES:

- Washington University and Barnes Jewish Hospital continue to offer Audiology services to **BJH inpatients**. If you, or someone you know, need hearing or hearing aid services while in the hospital, please let your physician know.
- **Audiology newsletters** (current and previous issues) are available online at: <http://hearing.wustl.edu>  
Please call Jen Listenberger at: 996-3850 to add or remove your name from the newsletter notification list.
- Visit our **Facebook page “Washington University Adult Audiology”** and “like” us—let us keep you current on **hearing aid technology, hearing assistance devices, current legislation related to audiology, staff news, etc.**
- The next **tinnitus/**

**hyperacusis/misophonia** class will be held on Thursday, August 29, 2013 at the Center for Advanced Medicine. If you or someone you know would like to attend **please call 314-362-7489**. This is a **free class** intended to provide information on current treatment options and research for those with ringing in the ears and/or sensitivity to sound.

- **Hearing Aid Orientation** classes are held at the **West County office** and the **Center for Advanced Medicine**. These classes are for patients, family members and friends interested in **learning more about hearing aids, strategies for communication and hearing assistance devices**. These free classes are scheduled on a regular basis. Please call **314-362-7489 to register for the class at the Center for Advanced Medicine** or **314-362-7509 to register for the class at West County**.

## DISCOUNTS:

- **5% BJC plus/Oasis member discount** on the purchase of most new hearing aids (earmolds and accessories not included). Please tell us you are a member when ordering your new hearing aid(s) or call 314-362-7587 to become a member today.
- **Washington University** employees and family receive **15% discount** and **BJC** employees and family receive a **10% discount** on the purchase of new hearing aids (earmolds and accessories not included). Please tell us if this discount applies when you are ordering your hearing aids.

## DID YOU KNOW?

Steve Smith, AuD  
Did you know that **hearing** and **memory** may be **linked** together? A recent article in the Journal of the American Medical Association has determined a link between hearing loss and memory difficulties. Researchers found **that memory problems can occur at an earlier age for people with hearing loss** as compared to those with normal hearing. Another study examined the link between **dementia and hearing loss**. Researchers determined that those with hearing loss were at a greater risk to develop dementia. In addition, hearing loss has been shown to increase **anxiety**, cause isolation and decrease the overall quality of life. As studies on the link between hearing loss and other medical problems continue, treatments

are available for those who have hearing loss. An audiologist can evaluate your hearing and determine what treatments or interventions may be needed. This may mean using hearing aids, hearing assistive technology, cochlear implants or being referred to other medical professionals such as an Ear, Nose and Throat physician. On average, people wait **10 years from first noticing a problem with hearing aids**. Over the ten years between initial recognition of problems to intervention many changes in cognitive abilities may occur that are just beginning to be understood. It is important that hearing be evaluated on a regular basis and hearing aids or hearing assistive technology be used when warranted as intervention. Remember **take care of your hearing as your memory may depend on it**.

References:

Lin, Frank R., et al. "Hearing Loss and Cognitive Decline in Older Adults" *JAMA Internal Medicine* 173.4 (2013): 293-299.



## RESEARCH NEWS:

The Division of Adult Audiology is conducting a research study examining **differences in**

**measuring the amount of gain the outer ear and ear canal provide for sound** and how this could affect the amount of amplification provided by a hearing aid. **Participants must be 18 years of age or older, have bilateral inner ear hearing loss and no history of middle ear problems** (surgery on the ears, hole in the eardrum, etc.) The study would take approximately a half hour. If you would like more information, **please contact Kristi Oeding** by phone at 314-362-7496 or by email at : [oedingk@ent.wustl.edu](mailto:oedingk@ent.wustl.edu).

## HAVING DIFFICULTY UNDERSTANDING THE TV?:

Robert Mareing, AuD  
**Low-frequencies** of sound give speech it's **loudness**. **Mid-high frequencies** give speech it's **clarity**. A very common hearing loss is a high frequency hearing loss. Most televisions have a basic audio control setting where Bass and Treble are set equal (or 50% Bass, 50% Treble). In order to increase understanding, it may be beneficial to decrease the Bass, and increase the Treble separately. You might try these instructions:

1. **Go to TV's main menu.**
2. **Find Audio control settings.**
3. **Adjust the Bass so it is set at 50% or decreased by half.**
4. **Adjust the Treble to 100% or full-on.**
5. **Enjoy your increased understanding while watching TV!**