

# Can You Hear?

## Services at Medical Audiology

- Adult and child hearing assessments
- Hearing aids
- Tinnitus assessment & management
- Assistive listening devices
- Noise and water protection
- Cochlear implants
- Bone conduction hearing implants
- Electro-acoustic hearing implants
- Balance assessments & rehabilitation
- Auditory brainstem response tests
- Pre- and post-employment assessments

## What's New at MAS?

Have you noticed an increase in the number of kids at MAS?

Medical Audiology Services, in collaboration with the University of Western Australia have been offering fully rebatable diagnostic hearing tests for children up to the age of 5 years.

Good hearing in early childhood is essential for speech and language development, learning and social development.

As part of the Master in Clinical Audiology course at UWA, final year students are examined on core competencies.

Our Audiologist, Vesna Maric has been conducting these competency tests.

So far, approximately half of the children have been identified as having ear problems needing medical management and further testing.

The program has been successful in providing a very high level free services for children while helping train the next generation of audiologists.

We intend to run the program again in 2016/2017.

## MAS welcomes back Anne Gardner

We are thrilled to welcome back Anne Gardner, a most experienced and knowledgeable audiologist. Anne has a passion for cochlear implants, diagnostic audiology and adult rehabilitation, and will be an invaluable addition to our team.

While on leave from Medical Audiology Services, Anne acted as a Senior Consultant for an international hearing implant company, providing her expertise to audiologists and surgeons on implant technology and rehabilitation. Her knowledge in this field is highly regarded.



## Sound Enrichment for Tinnitus Relief

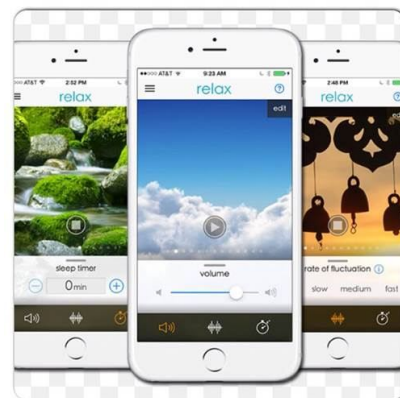
People who have tinnitus often find that it is more noticeable and bothersome in a quiet environment, for example at night. *Sound enrichment*, or listening to other sounds, can make tinnitus less intrusive and help with distraction and relaxation.

For some, sound enrichment helps with tinnitus volume, while for others it helps as a distraction or an aid to relaxation. It may be a combination of these things.

Sound enrichment can be used as a self-help technique or as a component of a broader tinnitus management program delivered with the support of an audiologist. While it is very popular, evidence for efficacy of sound enrichment in isolation from counseling and other forms of tinnitus treatment is very low. Used alone, sound enrichment is as an easy way to reduce the

impact of tinnitus at the time, but needs additional therapy for long-term effectiveness. Audiologists can give helpful advice about the best types of sounds to use for your tinnitus, as well as the volume and time to listen.

Examples of everyday sounds that can be effective for sound enrichment are fans, radios set on station, and various CDs and sound generator devices. Recently, several excellent smartphone apps have been released by hearing aid companies. Our favourite for ease of use and flexibility of sound control is Starkey Relax which can be downloaded by anyone with a compatible device free of charge from the App Store.



## Time to give your hearing aids a spring clean?

### Cleaning

- Clean your hearing aids every day. Use a soft cloth, tissue or hearing aid brush to wipe the outside. Never use alcohol or cleansers.
- Replace behind-the-ear earmoulds when they become dry, cracked, soft or discoloured.
- Make sure the tube is not blocked with wax.
- If you have one, change the white wax guard every 3-6 months or when you can see it is blocked.

### Storing

- Open the battery door when the hearing aid is not in use. Store it in a cool, dry place.
- Using a Dry Aid Kit over the summer months can help prolong the life of your aid.
- Protect your hearing aids from excessive heat (hair dryer, vehicle glove compartment or dashboard).

### General Care

- Do not get hearing aids wet. Remove hearing aids when swimming, showering, etc.
- Do not use hair care products while wearing hearing aids.
- Bring your hearing aids into Medical Audiology Services regularly for servicing and performance checks.
- Avoid dropping or banging your hearing aid on hard surfaces.

## Have we heard from you lately?

If you have not had a review in the last 18 months, it's time for a visit!

Regular hearing checks and device optimisation are needed to keep you hearing the best you can.

Office of Hearing Services voucher holders are eligible to receive services free of charge.

If you are unsure of your status, please contact us on 9321 7746.

Medical Audiology Services  
2nd Floor, 51 Colin Street, West Perth  
reception@medicalaudiology.com.au

08 9321 7746  
medicalaudiology.com.au