



Francis Slabber & Associates

Registered Audiologists

"Professionals who Care about your Hearing"

THE HEARING CLINIC

30 CONSTANTIA RD
WYNBERG, 7800

021 - 797 7948

Monday - Friday

TOKAI VILLAGE

VANS ROAD

021 - 715 5623

Tuesday & Thursday

VALYLAND CENTRE

FISH HOEK

021 - 782 3322

Monday - Friday

19 BELVEDERE RD

CLAREMONT

021 - 797 7948

Mon / Wed / Fri

Hear & Now Spring 2014

In May 2014 The Hearing Clinic, with Francis Slabber and her team, moved their Wynberg rooms from the old house on Waterloo Road to a new home on Constantia Road. Even though we were happy in our former home for over 23 years, we were in need of more space, more parking, less stairs and room to grow. We are extremely happy with our move and have had nothing but positive comments from our clients.



On-site parking has made life easier for staff and patients alike and wheelchair access both inside and out has been well received by those with walking sticks, walking frames, wheelchairs and general aches and pains. The spaciousness, warmth and attractiveness of the house has been an added benefit!

Our new Wynberg rooms are easy to find at 30 Constantia Road, Wynberg.

Our other branches are operating as usual and all the same audiological services are offered at each of the rooms.

Tokai is open Tuesdays and Thursdays from 8h30 – 16h30. Francis and Celeste alternate audiological care and Karen is at the front desk. Telephone number: **021 715 5623**.

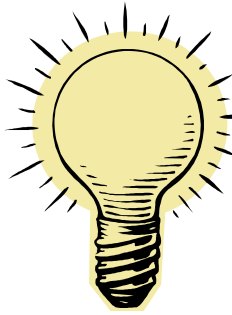
Fish Hoek is open all week except for Tuesday & Thursday afternoons. Nadine and Beth alternate there with Barbara at reception. Telephone number: **021 782 3322**.

Claremont is open on Mondays, Wednesdays and Fridays from 9h00 – 14h00. Please remember that we don't have reception services there so please call before you pop in. Telephone number: **021 797 7948**.

Wynberg is our Head Office and open Mondays to Fridays from 8h30 – 17h00 with Nicole at reception. Telephone number: **021 - 797 7948** and E-mail reception@francissslabber.co.za.

Account queries are handled by Karen and orders, repairs and servicing of hearing aids by Belinda.

Together with the National Council for People with Physical Disabilities in South Africa we are now running the Road to Independence project from our new Wynberg rooms. It aims at empowering people with hearing impairments in their workplace, society and at home. One of our greatest stumbling blocks though is those we aim to help: people with hearing impairments. It's important that you know your rights and disability status. Everything from vocational assistance to tax benefits is covered by the project but we need those with hearing impairments to empower themselves by getting informed. Please read the enclosed leaflet for details on the terminology and the rights of the hearing impaired and have a look at the dedicated website for comprehensive information on the various services available to the hearing impaired adult at www.roadtoindependence.co.za. Consultations with co-founder Fanie du Toit are available at our new rooms as well as more information on the project.



In celebration of our move, we're having an **Open Day** on **16 October 2014** with a lovely program planned. Time will be available for **wax checks** and **free hearing screening** and we will also offer some **talks** on interesting topics. Have a look at the enclosed invitation and please book for the screening and talks. Limited space is available so please book your seat! The first talk will cover **hearing aid care** – a great reminder as to how to keep your best friend alive and well. Then we'll discuss **living with a hearing loss**. This talk aims at encouraging acceptance and effective management of hearing loss for both patients and their families. The final talk is a look at how **music appreciation** changes with hearing loss and how one should listen with "new" ears to really enjoy music again.

Arthritis and Hearing Loss

Hearing loss doesn't always happen on its own – it often has a partner in crime. Many diseases and conditions can lead to hearing loss and some medications are known to cause or increase hearing impairment. However, not much has been said about the link between hearing loss and another condition associated with aging: Arthritis.

Arthritis comes in many forms but usually affects the joints and muscles of the body making movement painful and difficult. There are medications one can take to alleviate the pain and perhaps increase mobility. Although limited, there is research to suggest that arthritis as well as some of the medications used to manage it, may lead to or exacerbate sensorineural hearing loss and/or tinnitus. Most researchers are uncertain as to why there may be a link – whether it is the condition itself, the medical management or the fact that both mostly occur later in life. They do agree though that Arthritis sufferers should be monitored for progressive hearing loss.

The Mayo Clinic has recently published a study which states that people with Rheumatoid Arthritis are no more likely to experience hearing loss than people without the condition. However, they are more likely to feel like they have difficulty hearing. This has been attributed to a reported feeling of fullness in the ears without a measurable hearing loss. One could argue though that this feeling of fullness would lead to the diagnoses of hearing loss a little sooner than it possibly would have been had they not experienced the fullness. Other forms of arthritis remain a risk factor for hearing loss.

The combination of the two makes it difficult to fiddle with tiny hearing aids. Knobs, buttons, batteries, waxguards and domes all demand precise fine motor movement – difficult with stiff fingers. It is important that if one is aware of having arthritis, they inform the audiologist soonest so that appropriate amplification can be chosen. Work together with the audiologist to find the best option for now and the foreseeable future. A study conducted in 2009 found that manual dexterity and the ability to physically manipulate one's hearing aid was a crucial factor in successful hearing aid use. Today we have ample technology which allow hearing aids to automatically adapt to suit listening environments so that less physical manipulation is needed. Remote controls are commonly used for those who struggle with small buttons and switches while a variety of battery sizes are available. With an open discussion between you and your audiologist, the right hearing aids can be fitted right from the start.

What's New in Hearing Aids

Hearing aids have come a long way in the last decade. In fact, the technology in modern hearing aids is second only to the technology that fuels space exploration. But does it translate into actual benefit to the wearer? Here are some of the key features of all the major hearing aid brands which really do translate into actual wearer benefit. From better physical design to extended battery life and faster processing rates. There are so many new advances these days which directly aim at improving the end-user's quality of life that it's often hard to choose which aid is best.

- ❖ **Beltone** has launched the first "Made for iPhone" hearing aid. Stream voice and music from your Apple device directly to your hearing aids whilst utilizing the best of hearing aid technology to hear it with.
- ❖ **Oticon** has incorporated a quad-core signal processing platform into their product which deliver exceptional performance, incredibly small sizes and lower power consumption.
- ❖ **Siemens** is the only manufacturer to offer a water-, shock- and dustproof hearing aid, ideal for active lifestyles, people who work in dusty environments as well as high humidity environments like Cape Town.
- ❖ **Unitron's** Moxi Kiss is the winner of two international design awards. Recognized for outstanding product design out of 4815 applications from 1816 companies representing 53 countries. It's beautiful!
- ❖ **Widex** has the powerful C-ISP platform, with 60% higher signal processing capacity, placing it in the leading position in terms of connectivity, the retention of important psychoacoustic cues, and sound quality features, including enhanced bandwidth and impulse sound handling.
- ❖ **Phonak's** Roger FM System offers the best ever speech-in-noise performance. It's an external microphone/receiver system which can work with almost any BTE hearing aid and pair to any bluetooth enabled device for audio streaming. Roger is the new benchmark against which all other assistive listening devices will be measured.

In celebration of our 25th Newsletter we have finally named it. It's all grown up now, 12 years after we ran our first copy and therefore it deserves a name. Seeing as it's all about ears and about what we've getting up to, we've named it "**Hear & Now**". You can continue to look forward to our bi-annual newsletters which always contain informative articles, useful advice and general gossip about the practice.

Francis Slabber

Celeste Leveson

Nadine Jooste

Beth Cockcroft

Elisha Berridge