

FRANCIS SLABBER, JANET STEER & ASSOCIATES

PROFESSIONAL CARE FOR ALL YOUR HEARING PROBLEMS

THE HEARING CLINIC

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VALYLAND CENTRE

FISH HOEK

KENILWORTH MEDICROSS

ROSMEAD AVE



Newsletter Autumn 2005

Hearing Aid Mileage

Lets assume that you have to travel by car at 60km per hour, 12 hours per day. That would mean that you have travelled about 720 km in one day and eventually almost 260 000 km in one year. If that were the case, you would be servicing your car about 12 times per annum. Now consider that your car has to withstand wind and weather, poor quality fuel and oil and sometimes some rough driving. Suddenly we feel quite sorry for our cars.

A hearing aid is worn on 10 to 12 hours per day: A tiny mechanical device that has to work about 4000 hours per year, or rather "travel" 260 000 km in good working order. It must run reliably through wind and weather, wax and perspiration, occasionally goes through the laundry - or the dog - and from time to time gets dropped or covered in hair spray and make-up. And still we expect it to just keep going.

We need to start thinking of our hearing aids as assets, not liabilities. They need to be looked after in order for them to look after us. Most hearing aids only have a life span of about 5 years - if looked after appropriately. The following are tips on extending the life of your hearing aid:

- ☞ Have your hearing aid serviced every two years. A clean and service costs between R300 - R500 depending on the make and state of the hearing aid.
- ☞ Keep your hearing aid as dry as possible. Silica Gel tablets or sachets are available to keep in the box with your hearing aid. This will keep it dry over-night. If condensation is a problem, there are electronic heating pads available that keep the hearing aids at a constant temperature over-night to avoid moisture build-up. Never shower or swim with your aid.
- ☞ Clean your hearing aid every day. If it is a behind-the-ear model, wipe it clean with a dry cloth and check the tubing for wax. Have the tube replaced every six months and the hook annually.
- ☞ If your aid is an in-the-ear model, make sure that you know how to keep it clear of wax, which waxguards to use and change them regularly even when they don't look blocked.
- ☞ Never use any liquids, fluids or sprays directly on your hearing aid. Special hearing aid cleaners are available which, sprayed onto a cloth, are used to wipe the aid clean.
- ☞ Work over a desk or table when working with your aid to avoid it falling and inevitably being stepped on. It helps to put a towel down to avoid anything bouncing away.
- ☞ Keep your hearing aid in a cool, dry place, away from children and pets. The rule is that when it's not in your ear, it's in the box!
- ☞ Always use good quality batteries and insert them carefully to avoid broken battery doors and contacts. Throw away old batteries as they can leak and cause corrosion.
- ☞ Never try to open, repair or re-set your hearing aid yourself. Remember that we are always available to help or just for advice. Call us or pop in when in doubt, and rather ask for help. That is what we are here for.

Points to Ponder

- *Growing Old is Mandatory; Growing Up is Optional*
- *Forget the health food, we need all the preservatives we can get*

In our last Newsletter (Spring 2004) we announced that The Hearing Clinic was growing and not only had we opened satellite rooms at the Kenilworth MediCross, but we also took over the practice previously known as Kim Kennedy/House of Hearing in Tokai and Fish Hoek. We would like to welcome those of you who have joined us since then from the old Kim Kennedy/House of Hearing practice and hope you enjoy our newsletter. Please remember that we are happy to help with whatever queries you might have. We are sure that you understand that consultation fees may be charged even if your hearing aid is still covered by the manufacturer guarantee.

It has been a very busy few months since the take over in October last year and it certainly has been a learning curve. There were many hiccups and much confusion in the beginning, and things were busier than expected at our new branches. But after the initial shock of trying to be in four places at the same time, coping with the end-of-year madness and getting everyone's leave out of the way, things have now fallen into place and seem to be going according to plan. It's business as usual and we have settled into our new schedules and even we are now sure of where we are supposed to be.

We would like to remind you that The Hearing Clinic in Wynberg is still our "Home Base" and is always open. Janet runs the show from there, with Francis and Philippa in on alternate days. Stick our hours on your fridge for easy access:



<p>The Hearing Clinic 35 Waterloo Rd Wynberg</p> <p>Monday – Friday 8h30 to 17h00</p> <p>Francis: Monday, Wednesday & Friday</p> <p>Philippa: Tuesday & Thursday</p> <p>Janet is in all week</p>	<p>Kenilworth MediCross Rosmead Ave</p> <p>Philippa Consults by Appointment on Monday: 9h00 to 12h00</p> <p>—————></p> <p>Valyland Centre Office 103 Upstairs Fish Hoek</p> <p>Philippa Consults by Appointment on Friday: 9h00 to 12h00</p>	<p>Tokai Village Vans Rd Tokai</p> <p>Open Tuesday, Wednesday & Thursday 8h30 to 16h30</p> <p>Francis Consults by Appointment on Tuesday and Thursday</p>
<p>Tel: 021 - 797 7948</p>	<p>Tel: 021 – 715 5623</p>	<p>Tel: 021 – 715 5623</p>

Francis was recently sponsored to attend the annual American Academy of Audiology Convention in Washington D.C. This is a major meeting at which international speakers present academic courses in audiology and the hearing aid manufacturers launch and introduce new products and technologies. It was an amazing adventure and really highlights the magnitude of the profession abroad. It was also a fascinating glimpse into the future of hearing aids. Technology is improving at an astounding rate and even though much of it will not reach our consulting rooms for years, at least we know that the engineers are working on the practical issues that we deal with everyday.

Do check the replacement cost of your hearing aid with us for insurance purposes

Francis Slabber & Janet Steer & Philippa round
Audiologist Acoustician Audiologist