



Hearing Loss Association of Oklahoma City

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"Is That a Balance Problem or a Stroke? -- Here's How to Tell"

If all of a sudden you feel dizzy and your balance is off, has something just happened to the balance parts of your inner ears, or have you just had an ischemic stroke in your brain? Your doctor needs to determine what has happened right away.

Up to now, doctors typically ordered MRIs to look for a blood clot in your brain which would indicate a stroke. Unfortunately MRIs are both expensive and do not always find tiny blood clots, especially at the outset.

Now researchers at Johns Hopkins and the University of Illinois have discovered a fast, accurate, low-tech way to determine which is which. Your doctor can tell in under a minute whether you've just had a stroke or not. Here's how he can do it.

Your doctor gives you a three-part eye test called H.I.N.T.S. (In case you're interested, H. I. stands for "head impulse", N.T. for "nystagmus test" and S. for "skew".)

First, is the Head Impulse Test. Here your doctor rotates your head while you keep your eyes focused on his nose. If you have had a stroke you cannot do this. However, if you have an inner ear balance problem, you can keep focused on his nose.

Second, is the Nystagmus Test. You follow your doctor's finger as he moves it. If you have a balance problem, your eyes will jerk in only one direction. However, if you have had a stroke, your eyes will most likely jerk in both directions.

Third, is the Skew Test. Here your doctor looks at your eyes to see if one eye appears higher than the other. If one eye is higher than the other, you have had a stroke. If they are the same level, then it could be inner ear balance problems.

According to David E. Newman-Toker, MD, PhD, assistant professor of neurology at Johns Hopkins University School of Medicine and coauthor of this study. "These three eye tests tell, with 96% certainty, whether or not the patient has had a stroke."

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According to Bottom Line's Daily Health News, December 14, 2009, "Dr. Newman-Toker advises seeking attention for any dizziness that comes on unexpectedly and has no obvious explanation, particularly if it lasts more than a few seconds. In situations where you still feel dizzy when you arrive at the ER, request the eye tests, he says, but be aware that not every doctor has the training and experience to perform them."

Source: Dr. Neil Bauman, PhD
Hearing Loss Help E-zine

This Month in Bethesda HLAA National News

Posted By Brenda Battat, Executive Director

HLAA has made an arrangement with Knowlera Media to produce a series of videos on hearing loss. The videos will be distributed on their consumer-facing website www.monkeysee.com and to several hundred other websites as well as local television stations across the country. The Hearing Loss Association of America will receive its own branded copies of the videos that can be used on its website and its affiliate's websites. All the videos will be captioned. Past board member and VP for policy, Mark Ross Ph.D., has graciously agreed to help to write the scripts for the videos to be filmed in the national office. This is a major opportunity we could not have taken advantage of without Mark's help. The topics of the videos are:

- Video 1: Understanding Hearing Loss/Who is at Risk
- Video 2: Hearing Loss Symptoms
- Video 3: How is Hearing Loss Diagnosed?
- Video 4: Medical Treatments for Hearing Loss
- Video 5: Hearing Loss Self Care/Lifestyle Changes
- Video 6: Hearing Loss Prevention
- Video 7: The Latest Advancements in Hearing Loss Treatment

The article in the Jan/Feb 2010 issue of Hearing Loss Magazine, **Consumer Protection for Hearing Aid Purchasers** covers hearing aid purchase protection. The article discusses what, if any, laws are in place to protect us when we purchase a hearing aid and our rights as a hearing aid purchaser. State laws differ. There is a new resource – Consumer Protection for Hearing Aid Purchasers – a state by state regulations chart regarding the sales of hearing aids on the HLAA website at this link. http://www.hearingloss.org/advocacy/pdfs/ConsumerProtectionLaws_1-1-2010.pdf

Good Causes to Support

"While the torrent of requests for donations that we all received in the closing weeks of 2009 has slowed to a trickle, I'd still like to single out three good causes close to the

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hearts of those in the hearing care community. And, best of all, we can provide valuable support to them without tapping into our tapped-out bank accounts.

“A year-end appeal from the Hearing Loss Association of America (which some of us still remember as Self Help for Hard of Hearing People-SHHH) reminded me that this admirable organization recently turned 30 years old. The association provides support, information, and fellowship to tens of thousands of hearing-impaired “members and their families in about 200 chapters nationwide. It also effectively advocates for the interests of hard-of- hearing people, who in many cases are your patients. For example, HLAA played a significant role in persuading the Federal Communications Commission to require manufacturers to produce digital cell phones that are compatible with hearing aids.

“While HLAA can always use donations, HJ readers can help it in other ways. At the very least, audiologists and hearing instrument specialists should let all their patients know there's an organization that exists to help people cope better with hearing loss. Tell patients where the nearest chapter is and how to contact it.

“As practitioners, you can also share your expertise with the local chapter by speaking at a meeting or providing advice on hearing aids, hearing assistance technology or strategies for coping with hearing loss.”

Healthy People 2020: Hearing Loss Association of America has submitted comments to the U.S. Department of Health and Human Services (HHS)'s Healthy People 2020. This is a statement of national health objectives designed to identify the most significant preventable threats to health and to establish national goals to reduce these threats. Healthy People 2020 will reflect assessments of major risks to health and wellness, changing public and emerging issues related to our nation's health preparedness and prevention.

Our comments and suggested changes/additions to the stated objectives provide input on a range of issues from those related to hearing health care to issues related to disability issues and access to health services. Comments of all who provided input can be read by going to the Healthy People 2020 website <http://www.healthypeople.gov/hp2020/default.asp> or see our comments and proposed objectives on the HLAA website homepage under announcements.

The presidents of Hearing Loss Association of America and the Canadian Hard of Hearing Association have each signed a Memorandum of Understanding to enhance collaboration between both organizations. In addition to shared purposes both organizations agree to accept the following provisions:

1. CHHA will provide a complimentary annual membership to the HLAA President and to the HLAA Executive Director, which memberships include a gratuitous subscription to Listen/Écoute magazine.

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2. HLAA will provide one complimentary subscription to the CHHA President and another to the CHHA National Executive Director to Hearing Loss the official magazine of HLAA and/or complimentary membership.
3. The websites of both organizations will contain a link to the website of the other organization.
4. The President of the Board of Directors or The National Executive Director of each organization, or their selected delegates, will be invited as guests to attend the annual conference of the other organization. The registration fees will be paid for by the host organization.

We attended a meeting at the White House with Mark Perriello, Director of Priority Placement, Jonathan McBride, Deputy Director for Presidential Personnel and Kareem Dale, Special Assistant to the President. The purpose of the meeting was to learn more about the presidential appointment process and to discuss ways that we can work to increase the number of people with disabilities, and specifically people with hearing loss, hired into administration positions both high level and staff. If you know of people who have applied to work in the administration, or would like to, please send me their information. People with hearing loss who are qualified are encouraged to apply on www.whitehouse.gov. They should include their resume, letters of reference and as much detail about their skills and experience as possible.

Local Website and Forum

Please visit our website: <http://www.okc-hearingloss.org>. This website has listed many hearing loss resources for you to visit for information — and features other points of interest. The newsletter is also printed in color on this site. If you have not checked it out, please do so now. Gordon Richard is our webmaster. We also have an OKC-HLA forum. That address is: http://groups.yahoo.com/group/OKC_HLAA. Both of these sites are available and provide information and resources that you can access easily. Shari Richard is the administrator and moderator of this forum. If you have any questions about these websites, please feel free to email us at: vmeade1@cox.net, shari-r@swbell.net or Gordon at gordonlr@swbell.net. For anyone who wants to continue to use the forum: Have you considered volunteering to become a moderator?

Captioned Movies

Several months ago, the AMC Quail Springs Cinema 24 Theatre (in Quail Springs Mall) installed a rear window captioning (RWC) system in Theatre #20. The movie times for the RWC showings are listed on AMC's [moviewatcher.com](http://www.moviewatcher.com) website. Here's the link to the "Amenities for Deaf, Hard of Hearing Blind and Visually Impaired Guests" page:

<http://www.moviewatcher.com/jsp/amg.jsp>

Call it tin-EYE-tus or TIN-it-us, it is Still Very, Very Annoying

If you hear ringing, hissing, buzzing, humming, chirping, or other noises in your ears or head, it is called tinnitus and pronounced either TIN-it-tus or tin-EYE-tus, either is correct. Most cases of tinnitus are subjective, that is perceived only by the person with the disorder and not necessarily generated by any outside noise source. Tinnitus can result from damage anywhere along the auditory pathway. Therefore, it is often difficult to find the cause and suitable treatment. It is well known that exposure to loud noise can result in tinnitus and make it worse. Other common causes include:

Wax pressing on the eardrum	Meniere's disease
Otosclerosis	Acoustic neuroma
Inherited abnormalities of the ear	Diabetes which may result in a sensorineural
Hearing Loss	Scuba diving
Ototoxic medications	High Blood pressure
Diet/smoking	Stress
Strained muscles of the neck from arthritis, whiplash, clenching one's teeth or temporomandibular joint dysfunction (TMJ)	

Much can be done to provide treatment for tinnitus. No longer is it necessary to "just go home and live with it." If you experience tinnitus, you should be certain to mention it to your family physician who may then refer you to an otolaryngologist (ENT doctor) and audiologist for further evaluation and care. Treatment options may include:

Medications	Masking
Biofeedback	Acupuncture
Hypnotherapy	Stress reduction
Diet modifications	Hearing aids (if a hearing loss accompanies tinnitus)

The American Tinnitus Association (ATA) is an excellent resource for additional information about tinnitus and the available help. Their contact information is: www.ata.org or 1-800-634-8978. They publish Tinnitus Today, an excellent magazine that is sent with your membership in the organization.

SOURCE: Excerpt from http://www.newyorker.com/reporting/2009/02/09/090209fa_fact_groopman

(Thanks to Wired for Sound, newsletter of HLA-Albuquerque)

On Tuesday, Dec. 13, 2009 the U. S. House of Representatives approved a bill to turn down the advertisers' excessive volume on your TV !

The Commercial Advertisement Loudness Mitigation Act (<http://www.opencongress.org/bill/111-h1084/show>) introduced by Rep. Anna G. Eshoo (D-Menlo Park, CA) will now go on to the Senate for consideration. The bill requires all local stations, cable and satellite TV operators to follow the volume limiting guidelines (http://www.atsc.org/standards/a_85-2009.pdf) adopted by the digital TV standards group.

Congressional analysts estimated that the measure would cost those operators a relatively small amount. They put no value on the relief to viewers annoyed by commercials that seem far louder than the shows they interrupt and - as those of us with a hearing loss know - they can actually be physically unpleasant.

I've measured some of the loud commercials with a noise meter and found them to be as much as 10 decibels louder than the programming - 70 decibels is perceived by the human ear as being twice as loud as 60 decibels - the approximate level of normal human speech. I've then turned them off with one of technology's greatest gifts to the hard of hearing - the TV remote control!

This act directs the Federal Communications Commission (FCC) to prescribe a regulation prohibiting advertisements accompanying video programming from:

- (1) being excessively noisy or strident;**
- (2) having modulation levels substantially higher than the accompanying program; and**
- (3) having an average maximum loudness substantially higher than that of the accompanying program.**

If you're annoyed by these loud TV commercials, let your U. S. Senators know that you want this bill passed.....

**Stephen O. Frazier
Albuquerque, NM**

Eat at Johnnie's

Every 1st Thursday 11AM -10PM Johnnie's Charcoal Broiler 2627 W Britton Road and 6629 NW Expressway. Mention HLA and 10% of your ticket total will be donated back to HLA.

Challenged Senior

I had worked with 4,100 employees, all without a Blackberry that played music, took videos, pictures and communicated with Facebook and Twitter. But I signed up under duress for Twitter and Facebook, so my seven kids, their spouses, 13 grandkids and 2 great grand kids could communicate with me in the modern way. I figured I could handle something as simple as Twitter with only 140 characters of space. That was before one of my grandkids hooked me up for Tweeter, Tweetree, Twhirl, Twitterfon, Tweetie and Twittererific, Tweetdeck, Twitpix and something that sends every message to my cell phone and every other program within the texting world. My phone was beeping every three minutes with the details of everything except the bowel movements of the entire next generation. I am not ready to live like this. I keep my cell phone in the garage in my golf bag. The kids bought me a GPS for my last birthday because they say I get lost every now and then going over to the grocery store or library. I keep that in a box under my tool bench with the Blue tooth [it's red] phone I am supposed to use when I drive. I wore it once and was standing in line at Barnes and Noble talking to my wife as everyone in the nearest 50 yards was glaring at me. Seems I have to take my hearing aid out to use it and I got a little loud. I mean, the GPS looked pretty smart on my dash board, but the lady inside was the most annoying, rudest person I had run into in a long time. Every 10 minutes, she would sarcastically say, "Re-calc-u-lating." You would think that she could be nicer. It was like she could barely tolerate me. She would let go with a deep sigh and then tell me to make a U-turn at the next light. Then when I would make a right turn instead, it was not good. When I get really lost now, I call my wife and tell her the name of the cross streets and while she is starting to develop the same tone as Gypsy, the GSP lady, at least she loves me. To be perfectly frank, I am still trying to learn how to use the cordless phones in our house. We have had them for 4 years, but I still haven't figured out how I can lose three phones all at once and have to run around digging under chair cushions and checking bathrooms and the dirty laundry baskets when the phone rings. The world is just getting too complex for me. They even mess me up every time I go to the grocery store. You would think they could settle on something themselves but this sudden "Paper or Plastic?" every time I check out just knocks me for a loop. I bought some of those cloth reusable bags to avoid looking confused but I never remember to take them in with me.

Now I toss it back to them. When they ask me, "Paper or Plastic?" I just say, "Doesn't matter to me. I am bi-sacksual." Then it's their turn to stare at me with a blank look.

Presidential Palaver from Ron Hendricks

Your board met in its traditional annual retreat to review issues of the club and plan for the up-coming year. We discussed several items including:

Budget: The board set a budget for the year 2010 at \$7,400. Yes, this is higher than last year but we want to continue to recruit "professionals," reach out to returning military, to Loop OKC, and to participate in as many "health fairs" as possible.

Bylaws: Your board updated the by laws to reflect the change from a "fiscal" year to a calendar year; and to change/clarify the dues -- \$10 per person, \$15 per couple/family. A copy of the Bylaws is available from any board member.

Summer activities: We want to revitalize our summer events. The "hobby & game" nights have been rather poorly attended and the feeling is that the membership is ready for something different. The question is, what? How about a Bingo night to be held at our regular meeting location? Something else? Please give any board member your suggestions and comments. The Ice Cream Social will continue to be in August. Your board spent quite a bit of time discussing how to grow HLA-OKC. Once again, if you have ideas or comments please pass them along to any board member.

Larry Slaughter, Day Group President

Our day group meeting speaker was Mr. Rick Smith, Warning Coordinator Meteorologist (WCM), of NWS Weather Forecasts Office in Norman. Also, one of our own members of HLA-OKC Bim Woods, Research Meteorologists at the Severe Storms Laboratory in Norman was also here.

I had thought that the talk would be centered on tornados as we approach spring. It was so much more. March through June is when the majority (not all) of the tornados occur in Oklahoma. On average, warning time of 10-15 minutes is all we can really expect before a storm/tornado. Sometimes it is longer but very seldom. There is no time to waste when a tornado is spotted. Mr. Smith explained that everybody should do three things: Have a plan, have an alternate plan and practice the plan so there will not be valuable time wasted. The Weather Service website is: weather.gov/norman. It might be a good idea to put this web in your favorites for easy access.

The weather WARNING banner that is captioned on TV is always at the top of the screen and is from the Weather Service. It is advised that the deaf and hard of hearing get a weather radio that has the capability to be plugged into a lamp (or strobe light) and have a bed shaker. Remember weather radios can only give a warning. Once this warning goes off, check the weather on TV then take cover in the lowest part of building next to inside wall, get down, get low and cover up. Stay away from windows, mirrors and outside walls. Why? Flying debris.

Our March meeting will be a round table discussion. I would like for you to think about this topic of discussion. What is your experience with your hearing loss that could help someone else?



Heard it through the Grapevine

Jim Grennan got away in early February for a 1 1/2 day conference in Wichita, Kansas. Caregivers need a break now and then too.

Shari Richard received a new cochlear implant January 19th and had it activated on February 1st. The next day she attended a seminar and was able to hear every word. She says she was able to hear almost instantly at activation. What a miracle of God through technology, she says. The ear she had implanted had been unaided and deaf for almost 40 years!!! Congratulations Shari, we are all really happy for you!

If you have any news you would like to share with the membership, remember this is your page. Please contact me either by phone or email to send something to me. Thanks!

**May the wind at your back
not be the result
of the corned beef and cabbage
you had for lunch.**



Happy St. Patrick's Day

THANKS TO OUR SPONSORS!!

Our thanks to the following sponsors who are supporting the Hearing Loss Association of Oklahoma City this year. Your support of our organization and programs is greatly appreciated.

Platinum

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We invite you to be one of our sponsors. Platinum Sponsors support our chapter with \$500 or more per year, Gold Sponsors with \$250 to \$449 per year, Silver Sponsors with \$100 to \$249 per year, and Bronze Sponsors with \$50 to \$99 per year. Sponsorships run for a calendar year, January through December. Anyone wishing to be a sponsor should send their contribution to Hearing Loss Association of Oklahoma City Chapter Treasurer, P.O. Box 42801, Oklahoma City, OK 73123. All Donations are tax deductible.

■ The Faye Donalson Hearing Helper Demonstration Room, located at 5100 N. Brookline, Suite 100, is open each weekday from 10:00 a.m. to 3:00 p.m.

Just A Reminder_____

Forms for paying chapter dues are located on the back page of each newsletter. HLA encourages each member to contribute to the effectiveness of our Chapter by paying dues each year and supporting your local Chapter. The dues are \$10.00 per year and are due on a calendar year basis and will help to offset the budget making it easier for us to serve you. These dues are tax deductible. National membership also provides many benefits, one of which is a subscription to **Hearing Loss** magazine. National membership information is available at www.hearingloss.org.



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New to Hearing Loss Association of Oklahoma City

Suggested annual chapter dues: \$10.00 Contributions are tax-deductible.

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