

hearing now

Winter News 2013

Introducing Natalie Hoenig



Natalie has been with Ear & Hearing Australia since 2011 and can be found helping people with their hearing needs at our Kew and Malvern clinics. Joining us with a wealth of experience in adult rehabilitation, Natalie obtained her master's degree in audiological sciences from Melbourne University, and has spent

some time working in London at the prestigious Guys and St Thomas' Hospital and the Royal National Throat Nose and Ear hospital.

Since her return to Melbourne, Natalie has continued to pursue her passion for adult hearing rehabilitation undertaking several training courses. This led her to be chosen to participate in a unique seminar series in Denmark, Copenhagen along with 20 other audiologists around the world.

When Natalie is not busy helping people improve their hearing ability she can be found in the dance studio, whether it be jive, salsa, swing or jazz. She even finds time to teach wedding couples their bridal dance! We are sure you will enjoy Natalie's friendly, caring and patient approach to your hearing needs.

A note from the Principal Audiologist Moh Dadafarin



It is with great delight that we present you with this long awaited edition of "Hearing Now." Although you have not heard from us in a while, we have

been working hard at bringing our services closer to your home, with offices now in Kew, Camberwell, Canterbury, Hawthorn, Malvern, Ashburton, Balwyn North, Ivanhoe, Reservoir and frequent visits to retirement villages.

Our offices have been enriched with the most skilled and talented audiologists who bring both experience and expertise to each appointment. Furthermore, our continued relationships with a select range of hearing aid manufacturers ensures that the products we fit to you are guaranteed in quality, performance and price.

Whilst Ear & Hearing Australia continues to expand in 2013, we remain differentiated in the marketplace by upholding the values true to my heart since opening my first hearing clinic. These values are integrity, honesty and respect –in who we are, in how we approach and treat you, and how we operate our business.

In choosing an appointment at Ear & Hearing Australia, you are choosing to be a part of my family. In referring your partners, children and friends, you are extending the support of my family to yours.

Moh Dadafarin
Principal Audiologist

Our new location in Hawthorn is now open!

Our new visiting site is located at 125 Power Street, Hawthorn. Call 1300 761 667 for more information.



70% OFF Batteries + Free Delivery

Sale until the 31st August 2013. Each card of 6 batteries is only \$3.60
Max of 10 cards per person. Call 1300 761 667 to order yours today!
(There is no charge for batteries for eligible Pensioners, Veterans & Workcover clients)

Your Friendly Reminders

Hearing Aid Insurance

Unfortunately, accidents do happen and sometimes your hearing aids become chew-toys for the pet dog, lost in the garden, water-logged by the tides or spun through the cycles of your washing machine.

Hospital visits, overseas holidays and a heavy foot may all result in the unfortunate loss or extensive damage of your much needed hearing instruments. Insure your hearing instruments under your existing house and contents policy and save money today.

Email Addresses

In an endeavour to communicate with you more easily, we are updating our records to include all email addresses.

Please remember to share your email address with our staff during your next appointment.

Refer a Friend

Do you have a friend or family member who you think may benefit from seeing us?

Refer them to us and as a thank you, you will receive a 12 month battery supply and maintenance FREE.

Simply quote your friends name to our friendly staff at the time of booking.

Unleash the Power with the new Invisible Intigai



Designed to keep your hearing loss out of sight, and out of mind. The invisible Intigai fits deep in your ear canal and does not get in the way of enjoying your favourite activities.

Often expectations for people who have never worn a hearing device are very high. The desire to remain connected with the world around them with a solution that does not interfere with their everyday life is essential. The new Intigai has been designed specifically with this in mind.

This small, invisible, custom-made hearing solution combines discretion with performance and, ultimately acceptance of one's hearing difficulties. With Oticon's 'natural approach' to sound processing, as well as taking advantage of natural ear acoustics, the Intigai will meet the demands of many first-time users. What's more, you don't have to be a first time user to experience the benefits of the Intigai!



**Call us today on 1300 761 667
for a Risk-Free Trial**

Untreated hearing loss may reduce brain volume

Researchers have found that the gray matter density of the auditory areas is lower in people with reduced hearing ability. Hearing aids... help to preserve the brain.

A study by researchers from the University of Pennsylvania in the US shows that declines in hearing ability may accelerate gray matter atrophy in auditory areas of the brain and increase the listening effort necessary for older adults to successfully comprehend speech.

When a sense such as taste, smell, sight or hearing is altered, the brain reorganizes and adjusts. In the case of people with hearing loss, researchers found that the gray matter density of the auditory areas was lower than in people with normal hearing. This means that people with hearing loss have to work harder to understand complex sentences.

"Your hearing ability directly affects how the brain processes sounds, including speech," says Dr. Peelle. "Preserving your hearing doesn't only protect your ears, but also helps your brain perform at its best."

Less brain activity:

The researchers measured the brain's response to increasingly complex sentences and the cortical brain volume in auditory cortex. Older adults (60-77 years of age) with normal hearing for their age were evaluated. The studies found that people with hearing loss showed less brain activity on functional MRI scans when listening to complex sentences. People with hearing loss also had less gray matter in the auditory cortex, suggesting that areas of the brain related to auditory processing may show accelerated atrophy when hearing ability declines.



RECIPE FOR A HEALTHY MIND

It has been suggested that we can help fight Dementia by eating a diet rich in Vitamin C and Beta-carotenes. Vitamin C can commonly be found in citrus fruits, like oranges and grapefruits, whilst beta-carotene can be found in spinach or apricots. Here is a delicious Spinach Quiche Recipe.



SPINACH QUICHE

- Filo Pastry Sheets
 - 2 eggs
 - ½ cup self raising flour
 - 1 sml tub of cream (low fat or thick)
 - ½ cup of milk
 - 1/4 cup of oil
 - 1 packet of chopped frozen spinach or 2 big handfuls of fresh washed spinach leaves
 - 1 cup of grated cheese
 - 1 pinch of salt
1. Grease and cover your quiche dish in filo pastry
 2. Combine all wet ingredients and mix until smooth.
 3. Add flour and salt.
 4. Gently fold spinach and cheese through the mixture.
 5. Pour into quiche dish.
 6. Bake in the oven on 180 degrees for 30 minutes or until golden brown.

Share your story!



WARREN M

My hearing loss is profound in one ear and severe in the other after suffering a spontaneous hearing loss. I was fitted with hearing aids by the audiologist referred by my specialist. I was very keen to regain whatever hearing I could to overcome the difficulties I was experiencing in my professional work.

Unfortunately, the hearing aids, even though they were 'top of the range,' proved very disappointing- much of the sound was just much louder, but not any clearer. I abandoned the hearing aids (which were on trial) and it was not until almost two years later that I decided to try again. I was determined to not repeat the last process.

The favourable testimonials of Moh's clients at Ear & Hearing caught my attention. And Moh has more than lived up to his reputation right from my very first visit. My new hearing aids, expertly adjusted by Moh, have transformed my hearing, greatly benefitting me and those around me.

“**My new hearing aids... have transformed my hearing, greatly benefiting me and those around me.**”

CHRISTINA P

Imagine being a receptionist and not being able to hear fully. I was face to face as I was able to read peoples lips but on the phone I kept saying "could you please repeat that for me" My husband convinced me that it was time I had my ears tested so I finally contacted Ear and Hearing Australia and spoke to Moh Dadafarin.

Moh tested my hearing and spent a considerable amount of time with me selecting the correct hearing aids to suit my needs.

To my surprise it took no time to get used to my hearing aids and now I can hear people in the next room. I could not be more happy with the service that I have received at Ear and Hearing Australia and the staff have to be the nicest people I have ever come across...
Good Work Team

KATRINA N

My hearing loss was slowly causing grief to my health and well being, especially since my hobbies involved music and dance.

Luckily the answer came when I suddenly decided to ring Ear and Hearing Australia and my life changed for the better. I was able to play the organ in the church again with confidence, and also continue competing with my husband in ballroom dancing competitions. We were always fighting and unhappy as I was always out of time and could not hear the beats at the dance practice. Our dream of becoming Australian champions and even competing overseas seemed impossible.

Now I am dancing better and we are now Australian National Capital Champions after the many years of defeat. I am looking forward to new competitions with my new hearing aids and enjoying my life.

“**My life changed for the better... I am looking forward to new [dancing] competitions with my new hearing aids.**”

To read more stories from our clients, visit our website: www.ear-hearing.com.au