

**F** *We are here* **Y**  
**O**  **O**  
**R** *And, your Family* **U**



**PROSTATE CANCER SUPPORT  
City of Onkaparinga Group  
South Australia**

**An affiliate Member of the Prostate Cancer  
Foundation of Australia,**

**OUR GOLDEN RULE: We do not give medical  
advice, your GP, your Urologist and Allied  
Medical Health Professionals are the only people  
who are legally qualified to give you medical  
advice.**

**WE DO HOWEVER, GIVE YOU OUR  
WHOLEHEARTED SUPPORT.**



**Malcolm**

**Mark**

**John**

**Thank you to Noarlunga Community Hospital for allowing us to use the Boardroom for our meetings, and to all who support us.**

**MARCH 2018 NEWSLETTER (No 156)  
Your own local Newsletter**

**Our Editor John Shields accepts responsibility for the content of this newsletter.**

 **MARCH 2018 REPORT.**

**Present: 10**

**Apologies:**

**Once again our meeting started with a Round Robin and members brought us up to date regarding their current Prostate Cancer situations, and Malcolm and Beverley talked with us about Malcolm's Rehabilitation progress.**

**Our Guest Speaker:  
Meg Green Audiologist**

**Meg Green has been working as a qualified Audiologist at Adelaide Digital Hearing Solutions since 2005. She enjoys meeting her clients and their families to help them best minimise their hearing difficulties, whether it be through hearing aid technology or communication strategies. Meg has been at Seaford for 8 years and loves her work, and believes that she makes a difference to people in the hard of hearing community.**

**A few of our members have hearing loss, and it wasn't hard to get the conversation going about the effect that it has, and the action they have taken, to do the best they can, to remedy the situation.**

**PN: There were a lot of brief references to the topics, so I expanded on them from the Internet and tried to stay as relevant as possible to what was being said. John.**

**Mail us at:  
PO Box 627  
Noarlunga Centre,  
SA 5168  
Telephone:  
Malcolm: (08) 8326 5588  
[malell@iinet.net.au](mailto:malell@iinet.net.au)  
Mark: 0433 510 212  
[milomar@adam.com.au](mailto:milomar@adam.com.au)  
John: 0456 912 298  
[jshields@iinet.net.au](mailto:jshields@iinet.net.au)**

Meg talked about the causes of hearing loss and said that there are four main reasons for it.

(1) Age, (2) Being around a lot of noise, (3) Medical and (4) Genetic.

All excessive noise has a bad affect on our hearing and Farmers working with and around, the constant noise from old Tractors are a typical example.

Untreated middle ear infections may cause permanent damage, that results in permanent hearing loss. Genetic causes of hearing loss are many and varied and some babies are born with hearing loss due to genetic causes.

It is recommended that people get their hearing checked and have a full assessment.

Air conduction – Conductive hearing loss occurs when there is a problem conducting sound waves anywhere along the route through the outer ear, ear drum or middle ear.

Bone conduction – is the conduction of sound to the inner ear through the bones of the skull.

Speech discrimination where the person can't hear certain words

Ear cancer – Drugs used to treat Ear Cancer cause damage to the Inner Ear and hearing loss.

The complex Middle Ear is like a little pulley system.

Inner ear, Cochlear goes before it to the brain.

Nothing other than a hearing aid is going to help.

3 little mechanisms- if they are not moving properly-the ear has protective mechanisms in response to sustained loud sounds.

Rehabilitation in hearing aids-we need to have follow up visits with Meg Green for best advice.

If the inner ear is damaged there is not much that we can do.

Educating. Contact Meg Green for professional advice about hearing loss.

A Hearing Aid, is not a magic wand.

Visual is very important-Look at me.

Band Aid solutions are not the answer-talk to a professional.

Age related hearing loss. The most common cause is the natural breakdown of nerve cells in the Inner ear.

### Tinnitus:

Again it is the Brain that hears this sound.

If the person has been around a lot of noise, or it can be medically or drug induced.

Everyone hears a different sound, some hear the ocean and some hear a sound like Cicadas.

No cure for Tinnitus - what works for one does not always work for another, it is very subjective.

Could be either a break down in the hearing system, or people who work in noise or who played around with crackers.

Members talked at length with Meg about their own hearing problems and the steps that they have taken and this made the talk even more interesting.

The biggest aggravation is stress.

Try and have a little bit of background noise to counter the noise in the ear.

A little radio to help you sleep.

A lot of cures out there but they do not work for everyone.

There are different styles of Hearing Aid, Chunky, Small and Miniature etc.

Plug them in so you don't have to change the battery.

Malcolm said that he had his for six weeks and it is very good.

Meg said that life expectancy for batteries was a lot less than this.

Manufacturers of Hearing Aids have a copious amount of information about them.

Some hearing aids are not suitable if you produce too much Ear Wax.

Meg then spoke about general maintenance and having batteries changed.

And the more Wax you have can affect your hearing as Wax affects your ear drum.

Wax is a natural protection of our ear.

Members talked about this problem that they had experienced

Tinnitus: The experience is so different for everybody and is very stressful

If you have Tinnitus it produces a White noise, a Pink noise, or a Brown noise.

Colors are assigned to each noise simply to differentiate that each is working in different frequencies and the sounds produced are generally different

(From an Internet report)

**White Noise:**

White Noise has the full scale of sound frequencies discernible by the human ear, all blended together to make a continuous sound. The sound could be likened to the static produced by a radio, or TV, when off station.

**Pink Noise:**

Pink Noise is also used as a “masker” utilizing a smaller sound range, and sounds similar to the hum, experienced around electricity transformers.

**Brown Noise:**

Brown Noise is again used as a masker, operating at a lower frequency, producing a continuous sound, like the continuous roar of the ocean.

(End - Internet report)

The more you get aggravated the more it will affect you

A lot of Doctors stepping back from removing ear Wax

There are a handful of Specialists in Adelaide, who have the equipment, that actually sucks it out.

Don't put anything bigger than your elbow in your ear

Not a lot of patients persevere with their hearing aids.

Different degree of Hearing Aid Technology

Biggest problem is background noise

Flashing lights? Put under pillow and vibrate.

All keyed into the mobile phone

Hearing Aids are becoming a lot smaller and more powerful.

A few blows to the head can cause hearing impairment.

You may not be conscious of it now but a few years down the track you could be having difficulties.

A very good general discussion followed this.

Hearing loss is age related.

Meg then handed out an information folder containing the following leaflets etc.

Tinnitus, Opticon-Open up to your world, Opticon-Connect Line, Opticon's Performance Line,

Hearing for life-Tips for getting started, and Facts about hearing, An Authorisation to release

Information Form, A Medical Practitioners Clearance Form and a Health & Hearing – A clients

guide to hearing loss and solutions. Meg then explained where they are, at Seaford Shopping Centre.

Are batteries recycled?

**From the Internet:-**

Send your used hearing aid batteries to:-

HABEX

PO Box 457

Northbridge NSW 1560

Batteries must be packaged to minimize the risk of short circuit.

It is recommended the batteries be placed back in the original packaging.

Send your package as a parcel and clearly write Road Transport Only (preferably in red) on the package next to the delivery address.

Is it Ok to put used batteries in the rubbish?

Yes, but it is still recommended that the best thing to do with them is to recycle them.

(End – Internet Report)

When you are attending a hearing consultation, bring your partner – because it affects them too.

Regardless of age, high frequency hearing loss can affect quality of life, creating anxiety, depression and social isolation.

Use headphones if listening to music.

Don't have the sound too loud.

Turn the volume down.

60 – 70 decibels is ok.

Anything over 75 is too loud.

A lot of young people speak too quickly and it is hard to understand what they are saying.

Once again, for the best advice about all aspects regarding hearing, talk with Audiologist, Meg Green.

Hearing Loss and Tinnitus.

<https://digitalhearing.com.au/clinician/meg-green/>

**Australia's brilliant new hearing aid**  
(Left click only – three times.)



Australia's latest  
hearing aid is like not!

**From the Australian Prostate Cancer Research Society (au) site**

<https://www.ausprostatecancer.com.au/family-history-and-prostate-cancer-vital-research-underway/>

**From the Breast Cancer site**

[http://thebreastcancersite.greatergood.com/clickToGive/ad.click?siteId=2&adId=154823&placementId=496933&page=home&media=2014-10/468x250storybcs\\_141021114514.png](http://thebreastcancersite.greatergood.com/clickToGive/ad.click?siteId=2&adId=154823&placementId=496933&page=home&media=2014-10/468x250storybcs_141021114514.png)

**Chemotherapy. (Chemo Brain)**

[http://thebreastcancersite.greatergood.com/clickToGive/ad.click?siteId=2&adId=170222&placementId=504473&page=home&media=2016-03/468x250newschem\\_160322114440.jpg](http://thebreastcancersite.greatergood.com/clickToGive/ad.click?siteId=2&adId=170222&placementId=504473&page=home&media=2016-03/468x250newschem_160322114440.jpg)

**You need more Magnesium in your body**

[http://thebreastcancersite.greatergood.com/clickToGive/ad.click?siteId=2&adId=184803&placementId=507391&page=home&media=2017-01/468x250news12si\\_170118122053.jpg](http://thebreastcancersite.greatergood.com/clickToGive/ad.click?siteId=2&adId=184803&placementId=507391&page=home&media=2017-01/468x250news12si_170118122053.jpg)

**Hyperlink**

**[Find out where older adults can get low cost home internet service »](#)**

**Rare Cancers Australia**

<http://www.facebook.com/RareCancersAustralia>

## **Dementia & Depression**

<http://dailycaring.com/category/health-conditions/alzheimers-dementia/>

### **Rito's:**

**Support Group members, their family and friends, are invited to attend a luncheon, or have a cup of tea or coffee, and a friendly chat, at Rito's Cafe 101 Beach Road Christies Beach, on the **third Thursday** after each Support Group meeting. This is proving to be a good opportunity to just relax and talk about life in general, and gives real meaning to the word "Support."**

### **Newsletters received with thanks from:**

**Andrology Australia, Prostate Melbourne, Prostate Heidelberg & Sydney Adventist Hospital Prostate Cancer Support Group.**

 **OUR NEXT MEETING IS ON WEDNESDAY 4<sup>th</sup> APRIL 2018 AT 6.30PM.  
OUR GUEST SPEAKER IS T. B. A.  
WE LOOK FORWARD TO SEEING YOU THERE.**