

vibrations

Book for tinnitus sufferers

Suffer from high pitched whistling, hissing, buzzing, ringing, humming and other annoying sounds that no-one else can hear but you? Over 200,000 New Zealanders are affected with a form of Tinnitus so if these symptoms are familiar then take heart, you are not alone.

The Complete Guide to Tinnitus and Deafness, by Maxwell Stein, will help Tinnitus sufferers to better understand and treat their condition. The book explains the latest treatments and gives you advice on how you can relieve the condition safely and effectively. You'll find out :

- What causes Tinnitus
- How to protect yourself from Tinnitus
- Which prescription drugs are effective
- A simple ear massage that can bring relief
- Why you should watch what you eat
- Try uttering this specific sound – some Tinnitus sufferers swear by it
- New natural remedies
- A simple bedtime remedy that can offer night long relief
- A breathing exercise that can cleanse the inner ear
- When Tinnitus can be considered normal
- The different types of Tinnitus
- Hearing aids – can you manage without?

You can order a copy of The Complete Guide to Tinnitus direct from the publishers visit www.qp.com.au or call 0800 222 232



And the band plays on.....and on

Imagine having a drummer playing inside your head 24 hours a day.



That's what it's like for Margaret Marriott who has suffered from tinnitus since the age of six.

While she has no idea what brought it on, Margaret suspects it could be diet.

"Growing up on a farm, I had a high salt and fat diet. Like all farm children, I ate lots of meat, sometimes highly salted like corn beef and the fat was not trimmed off. I would find that a high intake of either fat or salt would trigger my tinnitus."

Margaret also suffered from many headaches as a child and was always taking aspirin – which is now associated with tinnitus, if taken in large quantities – but of course Margaret and her parents didn't know that at the time.

At the age of 12 Margaret had two operations to try and remove, or at least, lessen the noise in her ears. She was beginning to struggle at school and a hearing loss was detected. The operation was successful in that it gave her 50 years hearing, albeit with hearing aids from the age of 38.

Now in her 70s Margaret has had a lifetime of noise going on in her ears and head.

"I just try to keep busy and get outside as much as possible as then I don't hear it so much. As long as I stay away from loud noises, by night it will calm down a bit. I try to avoid loud, crowded environments like restaurants as it makes it a lot worse and by the time I get home I've got the whole band going on in my head, not just the drummer."

Margaret has managed her tinnitus with diet controls and relaxing techniques. While there is little scientific evidence for a general effect of diet, Margaret is adamant it makes a difference to her.

"I don't touch salt or spices. For instance, sausages can be dynamite with all their additives and spices.

If you would like further information on tinnitus please contact the NFD or visit www.nfd.org.nz



It is a time of reflection as, after 10 years, I take up a new life and a new challenge – volunteering as a strategic management advisor to a Cambodian disability organisation based in Phnom Penh.

Looking back over the last 10 years there have been many changes and advancements for the NFD.

I am very happy that the organisation's profile has lifted substantially with potential funding sources, statutory bodies, health professionals, the hearing impaired community and the general public. This, in turn, has given us the platform to create significant income streams for the ongoing financial stability of the Foundation.

In 2001 the NFD decided that advocating for a national programme to screen newborns' hearing would be our top priority. An independent lobby group was established with our support. In May 2006 we were able to celebrate success together. The government announced that it would fund a newborn hearing screening and early intervention programme for all New Zealand babies.

A few years ago we launched a new website with advice and support for hearing impaired Kiwis and their families, information about relevant news and events, and much more.

Five years ago we established the Quest for Excellence scholarship, a post graduate award that recognises deaf and hearing impaired achievers whose disability has meant they have had to overcome great odds. Each one of the five recipients is an exceptional role model for New Zealand's youth.

Over the years our annual Deaf Awareness Week has seen massive national media coverage and raised public awareness of some of the issues affecting deaf and hearing impaired New Zealanders. For the last three years DDB have added award winning advertising campaigns that promote the need for hearing protection.

This year the NFD established Noise Awareness Day in New Zealand. Our aim was to raise awareness of the unnecessary 'annoying' noise that we constantly live with and to deliver a call to action to reduce the impact. The country embraced the topic with huge interest and lively discussion was generated across the airwaves and newspapers.

For many years the NFD has led consultative forums and a conference as part of their Foundations for the Future programme. The aim is to get the sector involved and working together on a number of projects. Our most recent initiative is the development of a long term, integrated marketing and advocacy campaign to promote hearing health within the wider community. Can't wait for the day when earplugs are the new black – super cool!

All of the above would not have been possible without tenaciously pursuing relationships with likeminded individuals and organisations. It is because of the passion and commitment of so many that we have achieved so much.

I would like to finish with huge thanks for the support from so many of you, both to me personally and to the NFD, over the past 10 years. I leave my chair knowing that it is an exciting time for the organisation with new initiatives in place and a great team to propel the NFD forward.

Warm wishes... and farewell,

Marianne

Aeroplane noise



In April the NFD initiated Noise Awareness Day which certainly created a lot of "noise" around the country as people shared their most annoying noises and the frustration of living in noisy environments.



Tinnitus Symposium

The University of Auckland and Oticon Foundation are hosting the largest ever meeting on Tinnitus in NZ.

The Asia & Pacific Tinnitus Symposium, being held in Auckland 11-12 September, is possibly the most significant event in New Zealand tinnitus history and is a chance for clinicians and interested bodies to hear and discuss tinnitus from some of the world's experts. It also represents an attempt to create an increase of interest in tinnitus around the pacific rim, away from the usual venues and focus of Nth America and Europe. New Zealand has been involved in Tinnitus research since the mid 1970s with the pioneering work of Ron Goodey, Pamela Melding

reaches new heights

Following on from that, a study is being conducted by Auckland University of Technology which has found that high flyers are proving highly irritating for many residents living on the flight path of Auckland international and domestic airports.

Initial findings from the study show that 54.7% of people are seriously annoyed by aeroplane noise. This is based on a questionnaire delivered to residents to measure noise annoyance, noise sensitivity, psychological disorders (depression, anxiety and stress) and quality of life.

With around 400 aeroplanes flying in and out of Auckland's two airports every day, it probably comes as little surprise that continual loud noise is going to annoy... but don't we also generally think that 'you just get used to it?'

According to Dr Daniel Shepherd from School of Psychology at AUT, who has been analysing the respondents' questionnaires, the answer is 'no.'

"Annoyance to noise does not dull with time and as an individual's noise sensitivity increases, so too does their annoyance levels.

"Some people are highly tolerant to noise and therefore suffer little effect while those who are highly sensitive have to deal with a range of outcomes including irritability, stress and poor sleep. This can compromise health and wellbeing."

In this study, a link has been uncovered between annoyance to aviation noise and self-reported poor health. People who reported high levels of annoyance were also more likely to give negative responses to questions about their general health.

The residents of Mangere varied widely in their noise sensitivity and noise annoyance which would indicate that a person's response to noise is determined to a large degree by how noise sensitive they are. Noise sensitivity is not about our hearing but rather the way our brain interprets and processes noise.

Through further research it is hoped to gain a better understanding of what factors determine our responses to noise and whether these responses can potentially compromise our health.

Questionnaires were delivered to 700 households and the results stated are based on analysing 100 responses. The study is ongoing.

FREE, FUN hearing tests



Hearing care company, Unitron, has announced the recent launch of a unique iTunes application for iPhone and iPod Touch targeted at tech savvy families and individuals. uHear™ is a quick and

simple screening tool that will identify potential hearing loss through three interactive and fun assessments – hearing sensitivity, speech in noise and a questionnaire about common listening situations.

While many people are concerned about their hearing, often because of fear or embarrassment they will not seek professional help. The uHear™ application allows anyone to easily test and view their hearing results at home, on the move or possibly at the doctors surgery if your GP feels you may have hearing problems. The application was developed by leading audiologists in Canada and is calibrated to a level where results are extremely accurate and dependable.

Once you have completed the test uHear™ provides a description of the results and encourages you to seek professional advice if a hearing loss is identified. uHear™ also provides information on coping strategies and a learning section packed with useful facts about hearing loss.

uHear™ is available for download FREE on iTunes.

QUIZ

Three lucky readers will win The Complete Guide to Tinnitus & Deafness, kindly provided by Quality Point



Question: **At what age did Margaret have two operations for tinnitus?**

Please send your answer on the back of an envelope with your name, address & contact number to: Vibrations Quiz, c/- The NFD, PO Box 37729, Parnell, Auckland.

and Peter Thorne. This has continued with a new generation of tinnitus researchers.

An organiser of the symposium, Dr Grant Searchfield, Head of Audiology at the University of Auckland said the ability to host such a significant event is a recognition of the efforts of the Deafness Research Foundation, NFD and other sponsors supporting tinnitus researchers together with the

invaluable input of research groups, particularly at Otago University and The University of Auckland.

"The University of Auckland is currently undertaking trials of many new tinnitus treatments. We are incredibly excited about these developments and the promise they offer to the 5% plus of the NZ population that suffer to some extent from tinnitus."

For further details about the Tinnitus Symposium or to register:

http://www.fmhs.auckland.ac.nz/soph/depts/audiology/tinnitus_discovery.aspx

If you or someone you know suffers from tinnitus and would be interested in participating in the University of Auckland's research please contact Dr Grant Searchfield at g.searchfield@auckland.ac.nz

SNIPPETS

SAVE WITH THE ENTERTAINMENT BOOK

The 2009 Entertainment Book is packed with hundreds of valuable offers from the best restaurants, cafes, takeaway chains, activities and accommodation. Each book also comes with the Entertainment Gold Card for an extra 25-50% off and 2-for-1 offers. It costs \$65 and a portion of the proceeds raise funds for the NFD. Call Christa on (09) 307 2922 or email christa@nfd.org.nz to buy a copy.

OUR \$20 TELEPHONE DONATION WINNER

Congratulations to Beverley van Schooten of Paraparaumu who is the lucky winner of the \$1000 PaknSave supermarket voucher. As part of the NFD's fundraising efforts, all people who donate \$20 to the Foundation, through the ongoing telemarketing programme, go into a draw to win \$1000 of vouchers. To make a donation, please call 0900 66610, 0900 66620, or 0900 66650 (for \$10, \$20 or \$50).

CONGRATULATIONS

Congratulations to S Peters of Palmerston North, Sheila Lay of Dunedin and Dawn Mulligan of Papatoetoe who have won a free hearing test and consultation at Bay Audiology.

A man is not old until regrets take the place of dreams

John Barrymore

QUOTE



- ★ Lip-reading would be an advantage
- ★★ Take earplugs at the very least
- ★★★ Boisterous but not too bad
- ★★★★ Comfortable conversation
- ★★★★★ The place to be and be heard

In each issue of Vibrations we feature some of the restaurants that have been rated for noise by members of the public. (See the full list on www.acoustics.ac.nz)

If you want to rate a restaurant just answer seven simple questions relating to how sound levels affected your dining experience. The data will be processed by the NZ Acoustical Society leading to a star rating for each restaurant. People interested in participating should contact Christa at the NFD or visit www.acoustics.ac.nz to download the rating sheet.

Prego, Ponsonby, Auckland ★★★

3 Amigos, Wanganui ★★★★★

THANK YOU TO:

Lion Foundation
HB Williams Turanga Trust
Perry Foundation
Zelda Roberts Charitable Trust
Cuesports Foundation

Pelorus Trust
Eureka Trust
Fuji Xerox Charities
Committee
J R McKenzie Trust

New Appointments @ NFD



Anne Wright has been appointed as Fundraiser and will have overall responsibility for co-ordinating and managing the NFD's fundraising initiatives including the Direct Mail, Telemarketing and Bequest programmes. Anne and her husband arrived in March from South Africa where she was fundraising for St Luke's Hospice. New Zealand has grown on Anne very quickly with one of her favourite pastimes being family dinners with roast lamb and a good bottle of Kiwi red!

Lisa Noonan joins the NFD part time as the new Information & Research Officer. She has a legal background, qualifying as a lawyer in 2001, and specialises in advising the creative and media sectors when not engaged in her role at NFD. Lisa brings to the role the research and analytic skills gained from her legal training, and a keen interest in communications. She lives on a lifestyle block near Warkworth, with her partner and animal menagerie.



Honour bestowed upon Peter Thorne



Professor Peter Thorne was made a Companion of the New Zealand Order of Merit for services to auditory neuroscience in the Queen's Birthday honours. Throughout his 25 years as an academic Prof. Thorne has carried out national and internationally recognised research in the field of hearing science, predominantly focussing on the diagnosis and mechanisms of hearing loss, particularly that arising from excessive noise exposure.

Prof. Thorne's research has led to new ideas about how the hearing organ in the inner ear regulates its response to noise stress and copes with aging. Other research with colleagues has led to identification of a drug that can reduce the injury and hearing loss from noise in animals and the group is looking to undertake clinical trials for this as a treatment for noise-induced hearing loss.

Prof. Thorne was integral in the establishment of Project HIEDI, a partner advocacy group with the NFD, which campaigned for the introduction of newborn hearing screening and early intervention. A government funded programme is now being rolled out across the country and Prof. Thorne currently chairs the Newborn Hearing Screening Implementation Advisory Group of the National Screening Unit.

Prof. Thorne established the Department of Audiology at the University of Auckland and led the establishment of the Audiology degree programme. He is currently Head of the School of Population Health at the University of Auckland. He holds a personal chair in Audiology at the University of Auckland.

Peter has had a longstanding involvement with the NFD, as the chair of the board, presiding over the change in its organisation and constitution, and more recently as President of the NFD Council.

DISCLAIMER: Vibrations aims to share views and opinions from a broad range of people and organisations on matters affecting deaf and hearing impaired New Zealanders. The stories that appear in this publication are not necessarily the views held by the NFD.

NFD member groups are: • Hearing Association of NZ • NZ Federation for Deaf Children Inc • NZ Audiological Society • NZ Acoustical Society Inc • Deafness Research Foundation • NZ Society of Otolaryngology Head & Neck Surgery