



HAWKINS
HEARING CENTER



Memorial Day
May 26



USAF Firing Team at Arlington

A Quarterly Newsletter for our Clients and Friends

Apr-Jun 2008

One in ten hear ringing in ears

People with tinnitus sense ringing or other sounds in their ears or head when there is no outside source.

This commonly occurs with hearing loss, but also after head or neck trauma such as whiplash or possibly even dental work. Tinnitus varies in individuals from a faint, high-pitched tone; to whooshing ocean waves; to annoying cricket-like chirping or screeching brakes. For some, it is constant and debilitating.

Nerves that sense touch in your face and neck may be behind tinnitus, Ann Arbor-based University of Michigan (UM) researchers say.

Susan E. Shore, PhD, and her research team have conducted a series of studies in guinea pigs, measuring nerve activity in a part of the brain called the dorsal cochlear nucleus, which processes sounds as well as other signals. In normal hearing, this is the first stop in the brain for sound signals arriving from the ear. It's also a hub where "multitasking" neurons process sensory signals from other parts of the brain.

"In this study, we showed that when there is a hearing loss, other parts of the brain that normally convey signals to the cochlear nucleus have an enhanced effect," says Shore. "When you take one source of excitation away, another source comes in to make up for it. The somatosensory system is coming in, but may overcompensate and help cause tinnitus."

Our somatosensory system is a nerve network in the body that provides information to the brain about touch, vibration, skin temperature, and pain. The part of the system that provides sensations

from the face and head, called the trigeminal system, brings signals to the cochlear nucleus that help people hear and speak.

But when people experience hearing loss or some other event, such as having a cavity filled or a tooth implanted, these neurons from the face and head can respond like overly helpful relatives in a family crisis. The resulting neuron firings in the cochlear nucleus, like too many phone calls, create the din of tinnitus, a "phantom sound" produced in the brain.

While these findings were made in animals they still suggest that available treatments such as acupuncture, if used to target nerves in the head and neck, may provide relief for some people plagued by tinnitus, says Shore, lead author of the study and research professor in the Department of Otolaryngology and the Kresge Hearing Research Institute at the UM Medical School.

Q&A with Carol

Q. How long will it take to adapt to my hearing devices?

A. Each individual adapts at a different rate. In my experience, your adaptation may take from a few weeks to several months. This is because the hearing devices are allowing you to hear some sounds that have been missing in your life for years and it takes time to get used to hearing them again. (Many studies have shown that the average person waits seven years before seeking corrective amplification.)

Examples of these new sounds are air conditioners, footsteps, keys jingling, dinner table noises, electrical humming from appliances, as well as the various pings and knocks that most automobiles make. In our office, the fish tank has the constant sound of flowing water.

Retraining yourself to tune out these distracting noises is not immediate. A good exercise to speed up your adaptation is to read out loud for thirty minutes each day.

Congo Tetras

Congo Tetras are native to the Zaire river basin, but are typically bred in captivity.

They have bright iridescent coloring, ranging from blue to yellow-gold. Males are slightly larger and have more extensive fin development. The male dorsal (top) fin actually falls backwards and reaches all the way to the caudal (back) fin.



Our Two Adult Congo Tetras

Since they are a schooling fish, we currently have a total of six, two adults and four juveniles.

Although he is one of the biggest fish in the aquarium, our adult male is a timid eater especially when someone is near the tank. In time, we hope he will become less skittish at feeding time. Either way, the school of Congo Tetras are Carol's favorite.

Your inputs are greatly appreciated!



Please let us know if there are any questions you would like answered about hearing or hearing devices, plus anything else that you'd like included in the newsletter—information about special events in the community, at your church, synagogue or place of business. Additionally, send us a note if you would like to be added or removed from our newsletter. You may do this by e-mailing Mike at mike@hawkinshearing.com, be sure to include in the Subject: **HHC News**.



Sound Advice About Your Hearing™

Carol will be out of the office Apr 2-4
Closed Memorial Day May 26th and Independence Day July 4th.



Normal Business Hours M 9-12 TWTF 10-6
Other times and days by appointment



Have You Heard?

Did you know that the ear canal tissue is more sensitive than regular skin?

This is due to the ear canal having only three layers of skin vs. the normal seven layers.

If **itching ears are driving you crazy** we recommend **MIRACELL**. Advertised as *Nature's Miracle For Ear Health*, it is an all-natural and safe solution which comforts irritated or itching ears immediately. It has mild antibacterial, antifungal, and anti-yeast properties and is excellent for softening earwax as well as caring for irritated skin—in the ear or out.

SAVE \$1⁰⁰ on .5oz. MIRACELL
Newsletter Price — Now Only \$6²⁵
Available at our Solon Office



Do you use cotton swabs?



We don't recommend using cotton swabs because of the risk of perforating (breaking) your ear drum. Additionally, you run the risk of pushing ear wax deeper into your ear. If you insist on using cotton swabs, limit their use to once every two weeks and never insert them more than 1/3 of the way into your ear canal.

You can actually increase the amount of itching and irritation by over-cleaning your ear—especially when using cotton swabs and cleaning or drying agents like alcohol, hydrogen peroxide, and mineral oils. What's more, earwax is actually beneficial to healthy ears and is the result of the protein keratin mixing with naturally occurring secretions to shield our inner ears from bacteria, fungus, yeast and other parasites. Cells below this layer of wax grow outward and push debris out of the ear canal; in essence, our ears are self-cleaning.

Carol would prefer that you have problematic wax removed by an ENT that has an examining microscope. They will traditionally use a spoon-like device for scooping but might augment the scooping tool with a suction device.

For water removal, rather than use a cotton swab, simply tilt the ear with water towards the ground and pull back and down on the outer ear.

Share this offer!



Hearing Aid Check
and Cleaning
Offer Expires June 30, 2008

\$75 VALUE!

Worth Mentioning

May is Better Hearing and Speech Month

Our niece Jessica Hawkins plays ice hockey for the Minnesota Duluth Bulldogs, the 2008 Western Collegiate Hockey Association and NCAA Frozen Four champions!

Happy Birthday! Our oldest and youngest clients for the 2nd Quarter: Ann C. will be 96 and Tim S. will be 42. Hans Christian Anderson, Thomas Jefferson, Wilbur Wright, Clarence Darrow, William Shakespeare, Ulysses S. Grant, Anne Frank, and Audie Murphy are born. Apr 9 1991 Michelle Lauren Hawkins is born at Dyess AFB, TX. **Events:** Apr 2 1513 St. Augustine, the oldest city in the continental US is founded by Ponce De Leon; Apr 9 1865 Robert E. Lee surrenders at Appomattox Court House; 11 Apr 1966 A1C Pitsenbarger of Piqua, OH was fatally injured near Cam My, Rep. of Vietnam and was subsequently awarded the MOH; Apr 15 1817 1st American school for the deaf is founded in Hartford, CT; Apr 18 1775 Midnight Ride of Paul Revere **and** William Dawes; Apr 18 1942 Doolittle Raid on mainland Japan; Apr 27 1937 1st Social Security checks distributed; May 5 1865 Reportedly the 1st US train robbery at North Bend, OH; May 20 1927 Lindbergh crosses Atlantic; Jun 1 1843 Snow in Cleveland, OH (I know, snow in Cleveland is no big deal, but in June?); Jun 6 1944 D-Day at Normandy. **Inventions:** Apr 1 1778 the dollar (\$) sign; Apr 6 1930 Twinkies; Apr 29 1913 Zipper; 1 May 1952 Mr. Potato Head; 11 May 1916 Einstein presents Theory of Relativity; 12 May 1792 Flush Toilet; 27 May 1919 Pop-up Toaster; Jun 6 1933 Drive-in Theater; Jun 10 1752 Ben Franklin flies a kite—electricity; Jun 14 1834 Sandpaper; Jun 22 1847 Doughnuts. **Tidbits:** Apr 13 1988 Mike was commissioned a 2Lt in the USAF—after the ceremony, Carol's father (Fred) pointed out that he outranked him because he was a 1Lt in the US Army; Apr 27 1985 Carol and Mike were married in Orange, CA.

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