

Photo credit: Melani Mulia

We would like to thank the Casey Hearing community for your patience and understanding during this time.

Congratulations to you all on Victoria's success!

At Casey Hearing, we are continuing to practise social distancing. We therefore ask for siblings to not attend appointments. If you feel unwell, please call to reschedule your appointments.

We have noticed a silent crisis emerge during the pandemic...

More adults have been forced to confront their hearing struggles with cues such as lip reading, and

facial expressions removed with the enforcement of masks.

We are now open for face-to-face consultations, so if you've noticed hearing difficulties, we encourage you to get your hearing tested. You no longer need a referral from a doctor to be seen for a consultation.

We are also open for warwax removal appointments.

### **Girl Force Event**

We know that the lockdown has significantly impacted on young people, so it gave us great pleasure celebrating girls during Mental Health Awareness Week. As Casey Hearing's core values include care, commitment, communication, community and empowerment, we proudly supported the GirlForce Event that took place on 16 October.

Young people had the opportunity to connect, share stories, inspire, be inspired, raise their voice and have a bit of fun.

Thank you to all the wonderful women and young people who made this possible.



The Envirogirls shared this important message about the use of face masks.



### Covid-19 and Hearing Loss.

Doctors are still not 100% sure about why Covid-19 is causing hearing loss and tinnitus. It could be down to the illness itself, medication, or the stress that the illness and this pandemic has caused.

Blood vessels that supply blood to the inner ear is very small, so it's easy for a virus that's in your bloodstream to go into your cochlea. Just a small amount can have a really big impact, and this commonly causes the damage.

Medications prescribed for Covid 19 are <u>ototoxic</u>that cause damage to the cochlea.

If you experience sudden hearing loss, please give us a call so it can be assessed as soon as possible. Steroids are one of the medical interventions that could potentially reverse hearing damage. If the hearing loss is permanent, therapeutic options will need to be explored.

### **DID YOU KNOW**

Some COVID-19 patients are reporting hearing loss and tinnitus as a late-onset symptom?

Recent case studies have revealed that one in 10 Covid-19 patients have experienced some form of hearing loss or tinnitus. - International Journal of Audiology

### Hearing Aids, facemasks and glasses

We have received questions from patients who need to wear face masks with their hearing aids and glasses and find it all a bit tricky. We have a few tips for those who are struggling with this.

Thank you, Don, for sharing your tip of lifting the loop at the top of the ear first when removing your facemask. We have noticed that when patients try to remove the loop from the under the earlobe first, it tends to tangle with their hearing aids and/or the frames of their glasses.

Another alternative for a mask, is to use a mask extender. These can be purchased locally.

# Face mask tips for those with hearing aids

Remove your glasses before putting your mask on.

Make sure you're out of the rain and taking your time when removing your mask.



Use a mask that ties around your head rather than your ears.

If you have long hair, tie it up first before putting on your mask.

Take a second before leaving the location to check if your hearing aids are still in your ears



## Our Gift to you this Christmas

As we know Improved hearing can result in greater participation in life for the hearing aid user and less frustration for family members and friends.

To ensure everyone can enjoy socialising with family and friends this Christmas, we are offering 20% off custom hearing aids that fit in the ear and are are easy to use with face masks.

### Some features include:

- Rechargeable batteries
- Stream mobile phone calls, music, podcasts etc
- Remote control options using an app on your smartphone
  Noise reduction features that can be used in
- restaurants and other noisy venues.

What a game-changing gift for someone with hearing concerns!

For more information, please don't hesitate to get in touch: 03 9037 7010 or office@caseyhearing.com.au



We've all worked hard so everyone can have a Covid-

**Casey Hearing Christmas Vouchers!** 

normal Christmas, and we will hopefully be able get out more and socialise with our friends and family. However, busy holidays can be difficult for those who struggle with their hearing.

If you have any loved one with hearing concerns, why not consider giving the gift of better hearing so they

can participate with more ease this holiday season?
Just email us for more information on our vouchers:
<a href="mailto:office@caseyhearing.com.au">office@caseyhearing.com.au</a>









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