

FREE TO TAKE HOME!

APRIL-MAY 2016 EDITION



Heart Attack Warning



Crohn's Disease



Taking the Load



Hearing Loss in the Elderly

YOUR NEXT APPOINTMENT:

ENJOY THIS FREE NEWSLETTER

Please remember that decisions about medical care should be made in consultation with your health care provider so discuss with your doctor before acting on any of the information.
www.healthnews.net.au

www.knoxaudiology.com.au

Welcome from the Team at Knox Audiology – we are passionate about hearing. With a caring, professional approach, we support, rehabilitate and educate so that you can make informed choices about your hearing future for all ages. Knox Audiology is a hearing specialist centre supported and supervised by ENT medical doctors.

Medicare rebated hearing assessments. Ask if you need a referral. We strive to enliven your hearing world.

● **OUR SERVICES**

- Hearing Aid opinion/fitting (Private & Pensioners)
- Hearing assessments (all ages)
- Ear plugs – noise reduction, swimming, work
- Diabetic hearing assessment
- In ear monitors for musicians
- Pre-employment testing
- Tinnitus assessments & support
- Aural rehabilitation
- Balance assessments – for patients with dizziness or falls
- Neonatal + Babies assessments
- Ear/Nose/Throat specialists
- Pre School + Educational hearing screening (8 months to 12 years)
- Lisn-S – assessing auditory skills of children
- I-Sense/Inspiron – to wirelessly link student to teacher in the classroom
- Visiting hearing screening by our professional audiologist

● **SURGERY HOURS**

Knox Audiology Wantirna
Ph: **9800 5697**
Monday – Friday 8:30am – 5:30pm
Saturday 9:00am – 12pm
Twice a month
Ample free parking
Knox Audiology Boronia
Ph: **9839 3350**
Monday – Friday 8:30am – 5:30pm
Thursday 9am – 6:30pm

Knox Audiology Website:
Providing advice, information and updates: www.knoxaudiology.com.au

▷ **Please see the Rear Cover for more practice information.**

Boutique personalised local professional medical hearing centre. Keeping people connected to their community at the same time creating smiles around the world.

Is it Deafness or Selective Hearing?

When your child does not respond to you to put away their toys you may be curious whether it is deafness or selective hearing. Whether you are 2 or 92 years old, deafness can affect us all. Prevention could not be more important. The RACGP (Australian Medical Body) recommend hearing test every one to two years for everyone over 65 and those with a chronic health condition e.g. diabetes, kidney disease, cancer treatment. It's easier than you think to protect & maintain your hearing! Some healthy lifestyle changes and an awareness about loud noise can dramatically reduce the risk of harming your ears.

Hearing loss in Children.

Are you concerned about your child's hearing?
Ask yourself: Does your child sometimes not PARTICIPATE in classroom conversations?
Do you feel your child's vocabulary and speech is not progressing as it should?
Have you seen a change in your child's behaviour? e.g.: Disruptive, attention seeking, mood changes.
Does your child struggle to understand you or the teacher when given instructions?
How loud is too loud for earphones?
Is my child's hearing affected by frequent colds?
Are you concerned about your child's hearing?

You may have answered yes to any of the above and to optimise the future of your child's hearing BOOK a Medicare rebated hearing assessment at Knox Audiology.

Making a difference.

Thank you for choosing Knox Audiology. Every hearing consultation we do leads to better hearing AND makes a difference in our world through BIG I global giving. bigi.com In 2012 we visited the orang-utan habitat in Borneo, Indonesia to raise awareness at the devastation caused by the palm oil plantations.

We went to India this year and were blown away by the **power of small** - everyone of us can and does make a difference every day.

Knox Audiology is pleased to now be able to offer home visit audiology services for patients in **NURSING HOMES**.

- Range of hearing devices include: TV headphones, personal listeners for patients with poor dexterity, hearing aids.

Hearing Health checklist

- Hearing loss one ear - SEE Doctor immediately.
- Do you experience any of these symptoms?
- Constantly asking for words to be repeated?
- Ringing or buzzing in ears?
- Misunderstanding in noisy situations?
- Withdrawal from social situations?
- Difficulty hearing on the phone?
- Relatives saying Tv/radio is louder than usual?
- Favouring one ear?



Heart Attack Warning

Angina is heart pain when heart muscle is under strain and starved of oxygen. Heart attack is severe angina that is not relieved with anti-angina medication (if you carry it) or rest, usually because blockage of heart arteries has reached a critical point. It is a medical emergency.

Those people prone to problems often smoke, are overweight or have high blood pressure, diabetes, high cholesterol or a family history of heart attack or stroke.

Classic Warning Symptoms


- Uncomfortable pressure, fullness, squeezing or pain in the centre of the chest, lasting more than a few minutes.

- The pain spreads to the shoulders, neck, arms or jaw.
- Chest discomfort comes with light-headedness, tiredness, sweating, nausea or shortness of breath.

Less Common Signs and Symptoms

- Chest pain of a different sort or abdominal pain.
- Nausea or dizziness.
- Difficulty breathing.
- Unexplained anxiety, weakness or fatigue.
- Palpitations, cold sweats, or paleness.

Heart pain can be confused with indigestion, muscle aches or anxiety so get it checked out by your doctor!

 Weblink www.heartfoundation.org

Crohn's Disease

This is one of a group of conditions called inflammatory bowel disease (IBD). It typically affects the end of the small intestine, called the ileum but can affect the large intestine too.

The exact cause is not known but some reaction of the immune system against the intestinal cells is the leading theory. There is a genetic tendency as Crohn's, particularly some forms, tend to run in families. Ongoing symptoms are not due to an infection or true food allergy.

Common symptoms are abdominal pain and diarrhoea, which may be bloody. Tiredness, nausea, weight loss and fever may occur. Of course, none of these symptoms are specific to Crohn's.


It is slightly more common in women than men and generally starts in people under the age of 30. The condition is usually life-long.

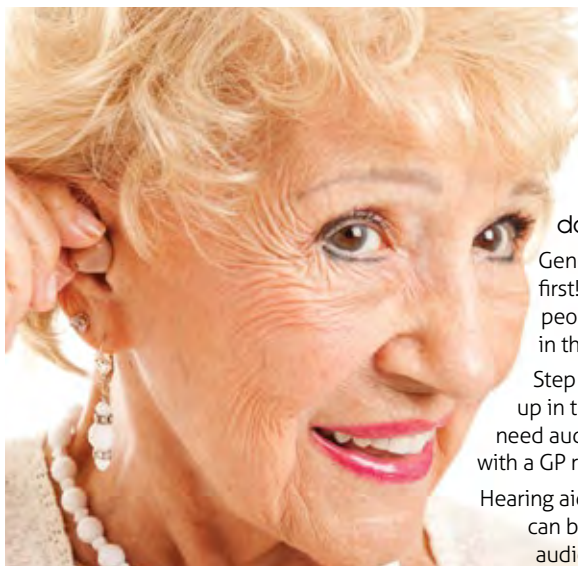
The symptoms may wax and wane and some people can go into remission.

As the symptoms are non-specific, diagnosis requires testing. Blood and stool testing will be done to exclude other conditions such as infection. You will likely be referred to a gastroenterologist. Definitive diagnosis is from a biopsy taken on colonoscopy.

Treatment is usually with medications – these include steroids and disease-suppressing agents. Anti-diarrhoeal medication may be needed to ease symptoms. In severe cases surgery may be needed to remove part of the bowel.

There is no specific "Crohn's" diet to follow but it is important to eat a healthy balanced diet. Due to absorption problems some people need dietary supplements such as vitamin B 12.

 Weblink www.gesa.org.au



Hearing Loss in the Elderly

Age-related hearing loss (presbycusis) is common, affecting at least one in three older adults. We identify three types of hearing loss: conductive, where sound is blocked in the middle and outer ear; sensorineural, where the nerve receptors in the ear, which pick up sound, are damaged or worn down; and a mixed pattern of both.

Generally both ears are affected. Hearing loss also affects family and friends, who often notice it first! It can be isolating and even though there is no need for it to be so, embarrassing for some people. Unfortunately, it tends to get slowly worse with time. It can affect anyone – those with it in the family or who have had past exposure to loud noise are at greater risk.

Step one is to discuss the problem with your doctor to see what can be easily fixed. Wax build up in the outer ear or congestion in the middle ear can be easily identified and treated. Most cases need audiology (hearing) testing – Pensioners and Veterans with a gold card can get this done for free with a GP referral.

Hearing aids are not what they used to be! They are smaller, can plug into the TV or phone with Wi-Fi, can be directional, and are programmable for many different situations (e.g. background noise). An audiologist can match your budget with the right hearing aid and health insurance may chip in.

Protect Against Influenza!

Every year, new strains of the highly contagious influenza ('flu') virus emerge and must be mirrored by the influenza vaccine if it is to provide protection. From time to time, the flu virus undergoes major change, people have less natural resistance and we get severe worldwide epidemics. This happened last year so a stronger vaccine has been produced against four strains of the virus.

Virus spread between people is by a simple sneeze or cough. Influenza emerges a few days later and is usually more severe than the common cold. Typical symptoms include fever, cough, sore throat, fatigue, muscle aches, headaches, runny noses and watery eyes. Those with weakened immunity or pre-existing illness are at risk of severe complications such as pneumonia.

The government has put \$40 million towards providing the vaccine's 70% protection free to vulnerable people under the National Immunisation Program. These include children under three years of age, people aged over 65, Aboriginal and Torres Strait Islanders, pregnant women and those with certain medical conditions.

Influenza vaccine is also recommended (but not free) for people under 65 with chronic medical conditions such as respiratory problems, diabetes, heart problems, or any illness that requires regular hospital admissions or intervention (e.g. immune suppression).

Caregivers and household contacts of high-risk children or adults should also be vaccinated (to try and prevent spreading influenza).



Taking the Load

The backpack may have been a 'kid-safe' answer to the old grey school bag but it can present a problem for growing bodies. Too great a load over an extended period can lead to neck, back and shoulder pain and headaches. Here are some simple ideas to keep your children 'back-safe'.

- First, weigh the full backpack. It should not be more than 10% of the child's weight.
- Remove unnecessary items and put the heaviest closest to the body. Ensure your child wears the backpack over both shoulders to evenly distribute the load.

And while you are at it, check the weight of your own briefcase or backpack!

Hepatitis A Travel Risks

Liver infection (hepatitis) is usually caused by one of one of a number of viruses. The severity and mode of transmission are not all the same. As well as Hepatitis B, C, D and E to think about, travellers also have HIV to worry about.

Hepatitis A is usually caught from consuming sewerage-contaminated food or water (faecal-oral spread).

About 2-7 weeks later, typical symptoms are nausea, vomiting, abdominal pain, fever and lethargy. There is no specific treatment other than rest and fluids, which is not what holidaymakers want to hear! The illness is rarely fatal, can cause jaundice, but is often mild.

In 2015, cases in Australia were linked to imported frozen berries. It can be caught anywhere but is more common in developing countries where almost 100% of people may have had past infection. So risk varies according to where you travel and your activities while there.

A vaccine is available (often combined with hepatitis B vaccine) that offers high protection, virtually 100% with a booster dose. Hepatitis A vaccine is now recommended for all non-immune travellers older than age one, going to lesser-developed countries.



Immune Globulin (IG) is a mixture of antibodies against a variety of infections, particularly hepatitis A. It gives short-lived immunity against hepatitis A (3-5 months) and is suitable for older people, immunocompromised travellers, those with chronic liver disease and people with other chronic illnesses (i.e. those who may not respond to vaccination).

Because some types of infective hepatitis are severe and cannot be vaccinated against, it is good practice to follow rules that reduce your risks of infections from contaminated food and water:

- Drink only boiled, commercially bottled, carbonated, or chemically treated water, soft drinks, fruit juices, beer, or wine.
- Don't put ice cubes in drinks unless you can vouch they come from safe water.
- Eat only well-cooked foods. Avoid raw or undercooked meat, fish and shellfish, and raw fruits and vegetables, unless you peel them yourself.

- Avoid salads

Hand washing before meals or using a hand sanitizer gel not only reduces gastrointestinal disease, but also reduces the transmission of respiratory viruses.

CHICKEN CACCIATORE

Ingredients

- 8 chicken legs, cut into thigh and drumstick
- ¼ cup extra virgin olive oil
- 1 large brown onion, peeled and chopped
- 2 garlic cloves, crushed
- 200gms button mushrooms - trimmed
- 1 ½ cups white wine
- 1 ½ cups chicken stock
- 6 pancetta slices
- 1 x 400g can whole tomatoes and juices – chopped
- 1 cup kalamata or black olives
- 1 bay leaf
- ¼ cup oregano leaves
- 2 sprigs fresh rosemary leaves
- 2 tbs white wine vinegar
- Sea salt
- Fresh ground black pepper

Heat oil in a large deep frying pan over medium to high heat. Add half the chicken and cook, turning occasionally to brown evenly. Transfer to a plate and repeat with the remaining chicken. Add mushrooms and cook, stirring occasionally (for 2-3mins) or until golden.



Transfer to plate. Add onion, pancetta, garlic and sea salt and cook, stirring occasionally until soft (about 6 - 10 mins). Return chicken and mushrooms to pan. Pour over the wine and cook until wine reduces to a couple of tablespoons. Add tomatoes with their juice, chicken stock, olives, bay leaf, ½ of oregano and rosemary. Reduce heat and simmer for 30-40 minutes or until the chicken is cooked through and sauce thickens slightly. Add a good grind of pepper and fold the vinegar through. Sprinkle with remaining oregano and serve.

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Laughter - the Best Medicine!

One morning, Peter went to see his doctor and told him that he hadn't been feeling well at all.

The doctor examined Peter, left the room, and came back with three different bottles of pills.

Looking at Peter he says, 'Take the green pill with a big glass of water when you wake up. Take the blue pill with a big glass of water after you eat lunch. Then just before going to bed, take the red pill with another big glass of water.'

Startled to be put on so much medicine, the man stammered, 'Doc, exactly what is my problem?'

The doctor replied, 'Peter, you're not drinking enough water.'



Are you concerned your child has Auditory Processing Disorder?

Does your child:

- Find it difficult to hear in background noise?
- Have difficulty following instructions?
- Struggle to keep up in school?
- Have difficulty staying focused and
- Appear to seem distracted often?
- Seem to ignore you when busy with something else?

Benefits of Hearing Aids.

Improve relationships, increase confidence at work and socially, brighter attitude, hearing on the phone and in the car, hear your favourite show or watch sport.

Free Services for Pensioners.

Eligible pensioners and Department of Veteran Affairs clients are entitled to free hearing services from the Government funded body, the Office of Hearing Services (OHS).

How To Apply:

1. Check your eligibility on-line: <http://hearingservices.gov.au>.

We can help you do this at our office or over the telephone, with your verbal consent. We will ask you to sign an authorization form to complete this check.

2. Ask your doctor to sign the Medical certificate that will be posted to you in your "Welcome Pack" from OHS or we can print out this certificate for you.

3. Make an appointment with Knox Audiology and remember to bring this signed Medical certificate.

4. Through the OHS on-line portal we can process your application and get your voucher number. 98005697

Taking Care of your Hearing Aids?

Cleaning: At least once a week before your aids are stored in their box, brush over the aids with a tissue or the black brush provided and dry your aids at least once a week.

Changing Batteries: Most batteries last for 7-14 days. Listen out for two audible beeps, as this will alert you to the fact that your hearing aid battery will run completely flat in 30 minutes.

Tips: try to keep your hearing aids away from make-up, moisture and dirt, and do not attempt to conduct repairs on your own hearing aids. We will happily assess and fix the aids for you!