

CHOOSE TO HEAR KIES OM TE HOOR



NUUSBRIEF NO. 2 · NEWSLETTER NR.2

HOOR DIE GERITSEL!

Met groot opwinding stuur ons hiermee ons tweede nuusbriëf van 2011 aan u.

Die woorde van ons geliefdes, die roerende en inspirerende klank van musiek, die geritsel van blare in die wind, voëlgesang en selfs die eenvoudige geluid van 'n koerant wat omgeblaai word, is alles klanke wat ons met die wêreld verbind. Wanneer 'n mens egter hierdie lewensbelangrike verbinding verloor, verval jy in die angswekkende isolasie van stilte. Ons hier by Michaelides & Vermaas Audioloë sien baie daarna uit om u weer te verbind met al hierdie wonderlike belewenisse en om dit 'n werklikheid in u lewe te maak.

Ons is daartoe verbind om u deurentyd met die hoogste gehalte gehoorsorg te bedien. Ons sukses word alleenlik bepaal deur ons kliënte se algehele tevredenheid en dit is by uitstek ons trotse voorreg om te weet dat ons grootste bron van verwysing van tevrede kliënte kom. Ons waardeer immers u vertroue en streef daarna om ons beste diens aan u te lewer.

Ons vertrou dat u hierdie nuusbriëf baie nuttig en interessant sal vind. Onthou, ons is beskikbaar om u te help. Indien u 'n vraag het, of 'n probleem ondervind aangaande u gehoor... skakel ons dadelik. Ons sal u met graagte bystaan.



Leuete



LET THE CARNIVAL BEGIN!

Every day brings brand new opportunities to start enjoying the simple and profound words of your loved ones who you care deeply about. Add to this the moving and inspiring sounds of music, the subtle sounds made by trees in the breeze, birds chattering or singing and even the mundane crinkling sound made when turning the pages of a newspaper. All these sounds connect us more firmly to our beautiful world. We also look forward to being more firmly connected to you as well as those you love.

We at Michaelides & Vermaas Audiologists are dedicated to providing you with the highest quality of the very best in audiological healthcare. Our success is solely derived from our satisfied patients. That is why they are our greatest assets and sources of referrals. We sincerely appreciate your confidence and strive to make your experience in our office a pleasurable one indeed.

We sincerely hope you enjoy reading our newsletter and find it informative and helpful. Remember that we are here to help you. If you have a question or problem related to hearing, please don't hesitate to call us. We treat all cases with the highest degree of confidence.



Angela



SEPTEMBER IS CARNIVAL MONTH

which we all hope to explore and utilize to its fullest potential in our everyday lives. A carnival is highlighted by merrymaking, feasting and very good times. By using ALL our senses to its maximum extent, we can feast and be merry every single day of our lives!



MICHAELIDES & VERMAAS



ALGEMENE TEKENS VAN GEHOORVERLIES

U het 'n gehoorverlies wanneer u:

- | | |
|------------------------------------------------------------------------------|--------------------------|
| 1. nie 'n gesprek kan volg terwyl ander persone kan | <input type="checkbox"/> |
| 2. gereeld moet vra dat mense herhaal wat gesê is | <input type="checkbox"/> |
| 3. kla dat mense onduidelik praat | <input type="checkbox"/> |
| 4. die TV te hard sit vir diegene wat saam met u kyk | <input type="checkbox"/> |
| 5. dikwels nie die grap se einde kan uitmaak nie | <input type="checkbox"/> |
| 6. ontoepaslike antwoorde gee op vrae | <input type="checkbox"/> |
| 7. voorgee om te verstaan terwyl u regtig nie seker is wat die vraag was nie | <input type="checkbox"/> |

✓/x

Totaal: ___/7

Kontak ons by M&V Oudioloë by 018 468 8173 of besoek ons by Centraallaan 42, Flamwood vir 'n gehoorëvaluasie. Ons is hier om jou te help!

COMMON SIGNS OF HEARING LOSS

You have hearing loss when you:

- | | |
|--------------------------------------------------------------|--------------------------|
| 1. cannot hear conversational speech easily while others can | <input type="checkbox"/> |
| 2. frequently ask others to repeat what was said | <input type="checkbox"/> |
| 3. complain that people speak less clearly than they used to | <input type="checkbox"/> |
| 4. play the TV too loud for the comfort of others | <input type="checkbox"/> |
| 5. frequently miss out on the punchline of a joke | <input type="checkbox"/> |
| 6. answer questions inappropriately | <input type="checkbox"/> |
| 7. pretend to understand when you're really not sure | <input type="checkbox"/> |

✓/x

Totaal: ___/7



Contact us at M&V Audiologists on 018 468 8173 or visit us at 42 Central Ave, Flamwood for an evaluation of your hearing. We will treat your hearing problem with the utmost care and confidentiality.

LUISTER VIR JOU GELIEFDES

Gehoorverlies veroorsaak op sy beste algehele irritasie. Dit kan egter veel egter raak en ook voortdurende konflik en omgekraptheid tussen jou familieledede veroorsaak. Persone met 'n gehoorverlies voel ook baie dikwels dat die spreker onverstaanbaar mompel en sprekers raak baie geïrriteerd met die nodigheid om gedurig alles weer te moet herhaal. Die nadelige uiteinde is dat familie en vriende uiters gefrustreerd voel omdat die persoon met 'n gehoorverlies botweg weier om gehelp te word of om vir 'n gehoorëvaluasie te gaan.



LUISTER NA JOU GELIEFDES... LAAT JOU GEHOOR VANDAG NOG TOETS
INDIEN JY ONSEKER IS. KONTAK ONS GERUS BY 018 468 8173

PROP IN DIE OOR?

Mense kla dikwels van oorwas in die ore wat somtyds tot 'n baie klein mate van tydelike 'gehoorverlies' mag lei. Oorwas word stelselmatig deur die waskliere in die oorkanaal geproduseer. Aanvanklik is dit 'n helder vloeistof, maar namate dit uitdroog, verander die kleur na goudbruin. Gewoonlik kan hierdie droë was sonder moeite verkrummel en sporadies uit die oor val. By sommige mense bou die was egter op en vorm 'n kenmerkende 'wasprop'. Dit veroorsaak selde beduidende gehoorverlies en baie mense glo verkeerdelik dat hulle gehoor noemenswaardig sal verbeter as dié was verwyder kan word.

Die goeie nuus is dat 'n volledige gehoortoets ook tussen gehoorverlies as gevolg van oorwas en verlies as gevolg van ander beduidende oorsake kan onderskei.

Ondervind u dalk huidiglik probleme om duidelik te hoor? Kla mense dikwels dat hulle dieselfde ding oor en oor moet herhaal? Raak hulle soms kwaad vir jou en jy weet nie altyd hoekom nie? Ons kan jou help... Kontak ons vandag nog om 'n volledige gehoorevaluasie te laat doen. September is Karnavaltyd en dit is die ideale tyd om te ontspan, jolig te wees en gehaltetyd met vriende en geliefde familielede te spandeer. Jou gehoor is 'n telefoonoproep ver om sy optimal vlak te bereik...

IS 'SENUWEE-DOOFHEID' HOPELOOS?

Mense met "senuwee-dooftheid" moes dikwels met hul hande in die hare in die jare toet hoor dat hulle nie by die gebruik van 'n gehoorapparaat sal baat vind nie. Dit was waar totdat die 40'er jare 'n oplossing hiervoor aangebied het. Die grootste aantal persone wat vandag gehoorapparate suksesvol gebruik, is persone met 'n sogenaamde "senuwee-dooftheid" wat vandag sensories-neurale gehoorverlies genoem word. Audioloë beskik deesdae oor moderne en

toonaangewende toetsapparate wat jou in staat kan stel om jou spesifieke gehoorverlies hok te slaan. Al wat jy hoef te doen is om met iemand te praat wat in jou unieke behoeftes kan voorsien.

TWEE APPARATE IN PLAAS VAN EEN

Indien albei ore 'n gehoorverlies het, maar slegs een oor met 'n apparaat gepas word, kan 'n beduidende mate van gehoorgestremdheid steeds voorkom. Die optimum kompensasië vir 'n gehoorverlies kan eers behaal word wanneer albei ore die klankversterking ontvang wat deur die behoorlik gepaste gehoorapparate verskaf word.



GRATIS DEMONSTRASIE

KOM ERVAAR 'N GRATIS DEMONSTRASIE VAN DIE VERSKIL WANNEER U EEN OF TWEE GEHOORAPPARATE GEBRUIK. SKAKEL ONS VANDAG NOG VIR 'N DEMONSTRASIE.

DIE GROTE OF DIE KLEINTJIE?

Ofskoon daar geen bewyse is nie, glo mense al te dikwels dat die dra van gehoorapparate 'n verleentheid is en daarom verkies hulle om glad nie enige of 'groot' apparate te gebruik nie. Almal wil graag die kleinste moontlike apparaat dra ten spyte van beskikbare bewyse dat die groter (agter die oor) apparate baie beter is en goed vertoon. Mense besef nie dat hierdie apparate vandag doelmatig en uitsluitlik vir elke unieke persoon se eie behoeftes ontwerp word. Deur hierdie apparate op die proef te stel, kan mense besef dat hul vir enige vorm van gehoorverlies bloot een stappie vorentoe in die regte rigting is...



KOM LOER GERUS IN BY M&V AUDIOLOË EN BEPROEF ONS GEHOORAPPARATE VOORDAT U 'N KEUSE MAAK.

SKAKEL ONS VANDAG BY 018 468 8173

Gehoer



MORE THAN JUST HEARING AIDS...

So, do you think you have a hearing loss? Have your family and friends (and even some strangers) already told you to get hearing aids? They may be right and think that they're doing you a huge favour, but there's a lot more in store if you're going to make the most of your hearing...

Start with these suggestions:

Seek professional help: Get a proper evaluation done by a certified audiologist. It is important to rule out correctible problems and to make sure your loss isn't perhaps a symptom of a more serious problem. A free hearing screening is nice, but it's no substitute for a thorough evaluation. Seek help soon and revitalize your most treasured organ!

Choose a good provider: If you decide to get hearing aids, choosing your provider is probably far more important than choosing a brand. Fitting hearing aids is an art, so you want someone who not only knows exactly what they're doing, but someone who is more

than willing to work with you. It's not like having an eye test, getting your spectacles and simply placing them over your eyes in order to easily fix the problem. Hearing aids are much like computers and fitting them optimally requires more than just ordering a "prescription" and sticking them in your ear.

Understand your needs: Each person's needs are different. We are individuals and unique in our own right. . . You may need to hear better on the phone, or perhaps only in meetings. You may want to hear the TV better at home, or listen to friends and family in a noisy restaurant. Be sure to make a list of what you want from your hearing aids and discuss these with your audiologist.

Forget vanity and denial: Nobody cares if you have hearing aids, but you can look very stupid if you bluff and get things completely wrong. People notice stupidity. . . And it's really not even your fault! Hearing aids today are sleek, colourful, fashionable and even smaller than the ear-level, blue tooth devices that everyone is wearing for their cellphones or music players.



Get smart: Making the most of your hearing means more than just buying hearing aids, although this is very important. It means you need to learn what strategies and technologies work best for you. Don't ask advice from your "Aunt Tillie" whose hearing aids are hidden in her drawer. Meet people who are successfully dealing with their loss. Learn as much as you possibly can about hearing aid features, hearing assistance technology, strategies as well as resources. If you are going to be hard of hearing, you might as well be good at it!

Then take charge: There's never been a better time to have a hearing loss, because there are so many things you can do to improve your hearing and your life! Get up and move in the right direction...

Join the revolution!

CALL US NOW FOR AN APPOINTMENT.

PASOP VIR DIÉ SKOTE!

- Wetgewing bepaal dat jou omgewingsgeraasvlak nie meer as 85 dB mag oorskry nie
- Video-arkade 110 dB
- Klappers (oor 3 m afstand) 125 – 155 dB
- Musiekkonserte 120 dB en hoer
- Geweerskote 150 – 157 dB
- Fliel 118 dB
- Aerobiese klasse 120 dB
- Sportbyeenkomste 127 dB
- Motorbote 85-11 dB
- Motorfiets 9 dB

QUOTATIONS

- An untreated hearing loss is more noticeable than hearing aids (Dr Sergei Kochkin)
- All the sounds of the earth are like music (Oscar Hammerstein)
- To hear is to see with our ears (Octavio Paz)
- Every day we should hear at least one little song (Goethe)
- The sense of hearing connects with the heart, and music and sound touch us most directly (Katherine La Mee)



ONS VERSKAF VEILIGE EN BEPROEFDE GEHOORBESKERMING.

Skakel ons vandag nog by 018 468 8173 vir 'n afspraak of besoek M&V Audioloë by Centrallaan 42, Flamwood



HEARING FACTS

- The parts of your ear known as the malleus, incus and stapes (hammer, anvil and stirrup) are so minute that all of them could fit together on a Smartie. These three bones are the smallest in the human body and only measure 2,8mm.
- The ear has over 25 000 tiny hair cells to help you hear the countless nuances of sound.
- The cochlea (inner ear) is the size of a pencil eraser.
- The middle ear is no bigger than an M&M.
- Your ears don't turn off during sleep, they continue to hear sounds.
- A baby's cry is louder than a car hooter (115dB).
- Excessive noise is the number one reason for hearing loss.
- The majority (65%) of people with hearing loss are below retirement age.
- Hearing loss is second only to arthritis and hypertension as the most common complaint of older adults.
- We hear with the brain and not the ear. The ear is simply the brain's "microphone".
- A giraffe can clean its ears with its 21 inch tongue.
- The ear of a dog is controlled by 18 muscles (to tilt and rotate the ear).
- Famous people with hearing loss:
 - Beethoven (classic musician)
 - Eric Clapton (pop singer known as "The Boss")
 - Peter Townsend (The Who)
 - George Harrison (Beatles)
 - Brian Wilson (Beach Boys)
 - Charles Darwin (writer)
 - Bill Clinton (former US President)
 - Neil Young (Canadian singer/songwriter)
 - Nelson Mandela (Madiba)
 - Steve Martin (famous actor – contracted tinnitus and hearing loss during the filming of a pistol shooting scene in "The 3 Amigos")
 - Barbara Streisand (singer, actress, film producer - has tinnitus)
- When a person dies, hearing is generally the last sense to go. The first sense lost is usually sight. Then follow taste, smell and touch.

Although these facts are fun and fascinating, there is absolutely nothing funny about hearing loss. People with a hearing loss are not even able to hear a baby's cry, a car horn or a mere whisper from across the room. This could be very devastating indeed... Even more devastating, however, is the fact that many people deny and neglect their hearing loss when hearing aids could fill their lives with the immense joy of a kaleidoscope of heavenly sounds! Take the first step... Don't deny yourself the simple sounds in life that make it all absolutely worthwhile. Let Carnival Month during September light up the wonderful sounds of life in full bloom! Let the applause and merry-making begin!



HET JY GEHOOR?

Wanneer iemand nie goed hoor nie, is hulle waarskynlik seniel

Loutere snert! Gehoorverlies het 'n verskeidenheid van beproefde oorsake, maar het hoegenaamd en absoluut niks met seniliteit te doen nie. 'n Probleem wat egter nou kop uit steek, is wanneer jy 'n gehoorverlies bloot ignoreer, wat die brein geleidelik kan afstomp. Wie is nou seniel?

As jy hard genoeg praat sal die persoon met gehoorverlies jou beter verstaan

Verkeerd! Harde spraak kan selfs pyn veroorsaak. Dit kan ook daartoe lei dat spraak meer onduidelik voorkom en die situasie dalk mag vererger. Dit is uiters belangrik om gedurig op hoogte te wees van die verskillende simptome en eienskappe van gehoorverlies – veral as die persoon 'n dierbare familielid of vriend is.

Gehoорverlies is skaars

Verkeerd! Meer as 10% van die totale bevolking het 'n gehoorverlies in een of ander vorm. Ongelukkig doen nie almal iets aan hierdie probleem nie. Dit is glad nie 'n skande om 'n gehoorverlies te hê nie. Dit is egter 'n skande om dit te ignoreer en kontak met die mense om jou te verloor. Jou beste opsie is om so gou as moontlik die regte hulp te ontbied.

Gehoорverlies kom slegs by ou mense voor

Glad nie! Min mense weet dat meer as die helfte van mense met 'n gehoorverlies onder 65 jaar is. Gehoorverlies het 'n invloed in alle ouderdomsgroepe.

Iemand wat ek ken, kon nie regkom met gehoorapparate nie. Daarom sal dit ook nie vir my werk nie

Nee! Aanpassing by klankversterking is 'n proses wat 'n paar weke mag neem. Mense wat die meeste sukses

behaal met apparate, is bereid om dit gereeld te dra om aan alle nuwe klanke gewoon te raak - eers dan kan 'n mens verwag om verbeterde en helder kommunikasie te ervaar. Mense wat hul aparate slegs een of twee maal dra en dan bloot handdoek ingooi, sal nooit voordeel daaruit kan trek nie. Soos met enigiets anders in die lewe, sal mens uit gehoorapparate slegs kry wat jy bereid is om van jou kant af in te sit.

Gehoорapparate korrigeer mens se gehoor 100%

Verkeerd! Nuwe gehoorapparate sal vir die gehoorverlies kompenseer, maar glad nie normale gehoor herstel nie. Die aparate help egter dat jy die beste vlak van gehoor kan ervaar wat bes moontlik is van die gehoor wat jy nog oor beskik.

Geen gehoorverlies te klein

Baie beslis!!! Die gebruik van aparate maak luister soveel minder inspannend. Uitgebreide navorsing het duidelik getoon dat selfs geringe gehoorverlies 'n beduidende mate van gestremdheid kan veroorsaak. 'n Verdere studie het verder getoon dat persone met 'n geringe verlies probleme het om woorde te onthou wanneer hulle nie die spreker se gesig kan sien nie. 'n Verduideliking hiervoor is dat persone met 'n gehoorverlies meer energie spandeer om die woorde uit te maak en dat daar dan minder breinkapasiteit beskikbaar is om te onthou wat werklik gesê is en hoe die persoon se gesig presies gelyk het. Dit maak dit gevolglik ook moeilik om mense wat vinniger praat (soos kinders) te verstaan.

Hoe vroeër u begin om gehoorapparate te dra, hoe makliker sal u gewoon raak aan die versterkte klanke. Gehoorapparate sal ook die ervaring van tinnitus aansienlik verminder.

TOETS SELF ONS GROOT
VERSEIDENHEID VAN
GEHOORAPPARATE UIT EN ERVAAR
DIE VERSKIL! SKAKEL M&V OUDIOLOË
VANDAG NOG BY 018 468 8173

Onthou dat Septembermaand vanjaar 'n eiesoortige en sonderlinge karnavaltema het. Jou mate van gehoor sal bepaal hoe dié besondere feesvierings ervaar sal word. Besoek ons by Centrallaan 42, Flamwood en sien hoe ons jou kan help om die beste van jou gehoorsintuig met oorgawe te verbeter. Dit is nooit te laat om iets daarvoor te doen nie...

TOP TEN TIDBITS

- 10 Hearing aids can, and do break.
- 9 Your hearing can change over time and the shape of your ear can change over time too.
- 8 Hearing aids usually whistle when covered
- 7 Hearing loss eliminates background noise... In general, hearing aids do not
- 6 Two ears are better than one
- 5 What's good for your neighbour is not necessarily good for you.
- 4 Throw away used batteries. They do not spontaneously renew.
- 3 Don't go poking in the holes of the hearing aid.
- 2 Your voice will sound different to you.
- 1 If your family says you need hearing aids, you probably DO!!

If you or someone close to you feels that you have a hearing loss, the first step is to have a complete, thorough audiological evaluation to determine the next step... Please give us a call on 018 468 8173 or visit us at Centraallaan 42, Flamwood to schedule a time that is convenient to you.

During Carnival Month in September, Michaelides and Vermaas Audiologists will also celebrate this marvelous opportunity with all KOSH residents to make merry, enjoy good company, sing out loud and simply have a good time! Come and have a cup of coffee with us and tell us all about your hearing problem. We will be open on Saturdays during the whole month of September. Watch the press for special rates and offers!



ONS VERANDER LEWENS.

Tel: 018 468 8173
Gehoorsentrum, Centraallaan 42, Flamwood



MICHAELIDES & VERMAAS