



news



Volume 44
Number 2
April 2022

Time to Renew Your Membership if you haven't already done so!

What's Next? A door opens... Are you ready to meet in person?

We are scheduling an event at the Colonie Town Library in the Stedman Room from 6:00pm - 7:00pm, Wednesday, May 25, 2022. Can you attend?

A link with registration information will be provided by us (from the Colonie Town Library) as soon as we can confirm - we expect to firm up the date on or before May 9th.

Our speaker will be Prof. Christine Kim, MD, Dept. of Otolaryngology at Albany Medical Center. Dr. Kim will tell us about the practice, and her interest in hearing loss.

I hope you'll save the date and plan to meet with us at the Library. It's been a long time since we've seen each other!

What Else? Take a Hike!

We're planning a morning relaxed guided hike on Saturday May 21st at 9:30 at Peebles Island NYS Park rain or shine, to chat and walk and admire nature in all her glory. Pack a drink and a lunch for yourself and wear sturdy shoes. A walking stick is handy on this wide dirt trail. Access the park from either Cohoes or Waterford.

If you're interested in joining us or have questions, send a note to Margie at: litwinot@gmail.com



Over the Counter Hearing Aids: What Consumers Should Know!

Excerpted from The Hearing Journal p. 38, April 2022; a Patient Handout, by Lise Hamlin, HLAA Public Policy

Background: In 2017, Congress passed the Over-The-Counter (OTC) Hearing Aid Act. In 2021, the Food and Drug Administration (FDA) released a proposed rule and received comments from a range of stakeholders including...consumer organizations, individuals and HLAA.

OTC Hearing Aids?: Under the law, OTC hearing aids are devices that use the same fundamental technology as tradition prescription air conduction (not bone-conduction) hearing aids and are intended only for **Adults**, and only those **Adults with perceived mild to moderate hearing loss**. The use of the word “**perceived**” was intended to permit OTC purchase without the additional expense of seeing a hearing health care professional for a hearing evaluation.

Where?: OTC hearing aids allow the user to control the device and customize it to his or her own needs without the supervision, prescription, or other order from a doctor, audiologist or hearing instrument specialist. In addition, OTC hearing aids will be available through **a wider range of sources including in-person transactions, by mail and online, in big**

box stores and/or pharmacies in addition to the office of an audiologist or hearing instrument specialist.

Who Makes What Rules and When? Congress gave the FDA authority for oversight and drafting rules regarding the manufacture and sale of OTC hearing aids. The FDA is reviewing comments on the proposed FDA rules on OTC and will issue the final rule when they have completed the process. We expect final rules during 2022. **For the moment, nothing has changed. If you need hearing aids, go to your hearing health care professional and find the best solution together.**

Your Choice: If you are comfortable doing the research needed and comfortable selecting your own OTC hearing aids, you will have the option of following that path in the near future. We expect there will be a few OTC hearing aids on the market shortly after the FDA rules are finalized, and more subsequently. **In any case, an educated consumer is the best customer.** Do research in advance to know what questions you should ask your hearing health professional if you choose to make use of one. If your hearing loss is more than “mild to moderate” or if you are seeking assistance for a child, remember that OTC hearing aids aren’t intended to address your issues.

Can you help? If you use any Public Library, stop at the desk and ask if they have facilities which are looped, T-coil ready, or use any system which is equipped to assist the hard-of-hearing or deaf patrons. Guilderland Public Library is working on a system now - how is it progressing?
We’re not sure.... let us know what you find out!

REFERENCES, LINKS & NOTES: Hearing Stats!

Collated, collected and selected by Gary Schwartz, HLAA Albany

<https://www.nidcd.nih.gov/health/statistics/quick-statistics-hearing>

- Age is the strongest predictor of hearing loss among adults aged 20-69, with the greatest amount of hearing loss in the 60 to 69 age group.
- About 2 percent of adults aged 45 to 54 have disabling hearing loss. The rate increases to 8.5 percent for adults aged 55 to 64. Nearly 25 percent of those aged 65 to 74 and 50 percent of those who are 75 and older have disabling hearing loss.
- Among adults aged 70 and older with hearing loss who could benefit from hearing aids, fewer than one in three (30 percent) has ever used them. Even fewer adults aged 20 to 69 (approximately 16 percent) who could benefit from wearing hearing aids have ever used them.

<https://www.gallaudet.edu/office-of-international-affairs/demographics/deaf-employment-reports/#>

- Across all age groups, in the United States, approximately 1,000,000 people (0.38% of the population, or 3.8 per 1,000) over 5 years of age are "functionally deaf;" more than half are over 65 years of age." From the Survey of Income and Program participation (SIPP), <http://www.census.gov/sipp/>
- Across all age groups, approximately 600,000 people in the United States (0.22% of the population, or 2.2 per 1,000) are "deaf;" more than half are over 65 years of age. About 6,000,000 people (2.2%) report having "a lot of trouble" hearing with, again, more than half over 65 years of age. Over 28,000,000 people (10%) report having "a little trouble" hearing with just less than a third over 65 years of age, but more than half over 45 years of age. Altogether, more than 35,000,000 people (13%) report some degree of hearing trouble. Again, we emphasize that these estimates are based upon self-reported (or informant-reported) hearing trouble and not on independent audiometric measurements.

<https://www.healthyhearing.com/report/52814-Hearing-loss-statistics-at-a-glance>

- One of the most common ways people damage their hearing is through excessive noise exposure, leading to noise-induced hearing loss (NIHL). The CDC reports these numbers on NIHL:
- About 40 million US adults aged 20-69 years have noise-induced hearing loss.
- More than 1 in 2 US adults with hearing damage from noise do not have noisy jobs, meaning the exposure is likely recreational.
- About 1 in 4 US adults who report excellent to good hearing already have hearing damage.

<https://www.healthyhearing.com/report/53317-Autoimmune-diseases-hearing-loss-tinnitus-ra-lupus>

- Skin conditions may also affect hearing. Vitiligo, which creates patches of skin without pigment, has been linked to a higher risk of sensorineural hearing loss. Psoriasis, which causes patches of scaly itchy skin, increases the risk of sudden sensorineural hearing loss by 50 percent. **Sudden hearing loss in one or both ears is considered a medical emergency.** The faster you seek treatment, the more likely you will save your hearing.

<https://hearingreview.com/inside-hearing/research/right-product-wrong-message>

- The majority of people with significant hearing loss and/or who have difficulty understanding speech in quiet or noise appear to avoid hearing aid amplification. The traditionally accepted—and often quoted—time lapse between a person noticing a reduction in hearing (and/or listening ability) and subsequently acquiring a professional consultation and/or acquiring hearing aids is seven long and frustrating years.



From the Hearing News Watch: Millions of teenagers and young people are at risk of hearing loss due to the unsafe use of personal audio devices and exposure to damaging sound levels at venues such as nightclubs, bars, concerts and sporting events. The risk is intensified as most audio devices, venues and events do not provide safe listening options and contribute to the risk of hearing loss. The new WHO standard aims to better safeguard young people as they enjoy their leisure activities” –Dr. Bente Mikkelsen, WHO Director for the Department for Noncommunicable Diseases.

<https://hearinghealthmatters.org/hearingnewswatch/2022/who-releases-new-safe-listening-standard/>

**Only 20 discounted rooms left at the Queensbury Hotel!
Book your rooms soon! (over \$100 savings per night!)**

**2022 HLAA New York State Association
State Conference 9/16–9/18/22
BOOK NOW!**

Early Bird Pricing ends April 30th!

(Less than 1 weeks left)

For more information on the State Conference please
visit: **HearingLossNYS.org**

CART

Communications Access Realtime Translation

Realtime speech-to-text translations – the spoken word scrolling onto a screen, laptop, or tablet – from speech to text!

For more information contact:

Renee D. Leguire, Certified Realtime Reporter
courtreporters@nycap.rr.com or thesteno@gmail.com
(518) 371-4143 or (800) 787-3376

Stefan Fosco Au.D
Doctor of Audiology

Erin Walborn Au.D
Doctor of Audiology

Karen DeJoy Au.D
Doctor of Audiology

Main Office
2 Empire Drive, Ste 204
Rensselaer, NY 12144

Hudson
351 Fairview Avenue, Ste 350
Hudson, NY 12534

Phone: 518.283.6111
Fax: 518.283.6161



Audiologic Solutions

HEARING AND WELLNESS CENTER

www.audiologicsolutions.net



Patrick Bergmann, AuD
Doctor of Audiology



Capital Region Hearing

Hearing Test Hearing Aids

9 West Sand Lake Road
Wynantskill, NY 12198

(518) 326-1742
info@capitalregionhearing.com

Upstate
Hearing
Loops

www.upstatehearingloops.com

PO Box 34

Hamilton, New York, 13346

315-941-0238

upstatehearingloops@gmail.com

NOTT STREET OFFICE
"Your Office Away From Home"

Copies / Fax
FedEx/UPS
Color Copies
Digital to Paper
Office Supplies

Monday-Friday 8:30-6
Saturday 10-3

2215 Nott Street
Niskayuna, NY 12309
518.382.2663



518.629.0889
ALBANY

14 Columbia Circle Drive, Suite 202

518.708.8648
CASTLETON

81 Miller Road, Suite 700

518.430.4003
SARATOGA SPRINGS

414 Maple Avenue, Suite 800

- Doctors of Audiology
- 3 Convenient Locations
- Digital Hearing Aid Technology
- Premier Lyric Provider
- Experienced & Caring Staff
- Most insurances accepted

**Dr. Laura Brodsky
Dr. Lilith Brodsky**

Board Certified Doctors of Audiology

- *Comprehensive Hearing Healthcare*
 - *Advanced Technology Hearing Instruments*
- THE AUDIOLOGY CENTER**

783-3110, EX. 3004

ACCEPTING ALL MAJOR INSURANCES

Delmar Health Center Capital Region Health Park
250 Delaware Avenue 711 Troy-Sch'dy Road
Delmar Latham (just off N'way Ex 6)



MAIN OFFICE: 123 EVERETT ROAD
ALBANY, NEW YORK 12205

SATELLITE: 1785 ROUTE 9
CLIFTON PARK, NEW YORK 12065

518.701.2085

www.albanyentandallergy.com

**ENT & Allergy Care
for Adults & Children**

Lucia Setton MD
Lawrence S. Kaufman MD
Stebhan Kukur MD
Nina Perkins MD
Robert L. Antisman MD
John Gaylin MD
Robert Engle MD
Jessica Riccio MD
Robert J. Haglan MD

Podiatric ENT
Nose & Sinus Dysfunction Center
& Laser Therapy & Treatment
Facial Plastic Surgery
Eating & Sleep Disturbance
Voice, Speech & Swallowing
Hearing Loss, Dizziness & Balance
Head & Neck Surgery
Nasal Bone Surgery
Thyroid & Parathyroid Surgery
CT Scan Imaging Services

Maggie West Berg Ph.D.
Dana Silverman Ph.D.
Robyn DeBartolo Ph.D.
Michelle Blizum Ph.D.
Audrey James Ph.D.
Larissa Spivey Ph.D.
Tara Hines Ph.D.
Imanahia Mawjoud Ph.D.
Susan East MD CCC-SLP
Thomas Foss AuD
Marilyn Peters AuD
Tara M. Whitbeck AuD
Dana Miller AuD
Irene Deyo AuD
Courtney Landwehr AuD
Mara Rogerson AuD
Alicia Deedy AuD

HEAR NEWS is a news-letter of the Hearing Loss Association of America (HLAA) Albany Chapter. We are a not-for-profit self-help group for individuals who are deaf, have hearing loss and/or impairments. Any mention of opinions, products or services does not mean endorsement, nor does the lack of mention mean lack of endorsement.

Address all correspondence to:

HEAR News
% HLAA PO Box 9445
Schenectady NY 12309
or e-mail us at

HEARHLAA@YAHOO.COM

Website:

<https://hearinglossalbany.wordpress.com>

Planning Committee:

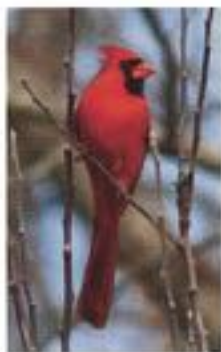
- Barbara Carlson
- Philip Coppola
- Margie Litwin
- Janet Mattox
- Pat Mirza, Treasurer
- MaryKate Owens, President, Editor
- Ellen Rupert
- Gary Schwartz
- Rosemarie Tobin
- Debra Trees, Au.D. Professional Advisor
- Donna Wayner, Ph.D, Founder & Professional Advisor

We welcome your input! Please send notes, articles and inquiries to the attention of the Editor at the PO Box or e-mail address above.

Please become a member of HLAA Albany Chapter; see the form on the final page of the newsletter.

And Go NATIONAL Join the Hearing Loss Association of America HLAA

inquiry@hearingloss.org
www.hearingloss.org



**DEBRA TREES
AUDIOLOGY ASSOCIATES**

Cardinal Hearing Care

Phone: 518-944-4810
10 McKown Road
One Pinnacle Place-Suite 200
Albany, NY 12203

www.DebraTreesAudiology.com



INFORMATION YOU CAN USE

(Note: See <https://hearinglossalbany.wordpress.com> for more details)

- Albany Law School Civil Rights & Disabilities Law Clinic — www.albanylaw.edu
- American Tinnitus Association — www.ata.org
- Career & College Advice for Deaf & Hard of Hearing Students — www.affordablecollegesonline.org/college-resource-center/deaf-student-college-career-advice
- Hands and Voices — www.handsandvoices.org
- Hearing Like Me — www.hearinglikeme.com
- Hearing Loss Association of America — www.hearingloss.org
- Laurent Clerc National Deaf Education Center — <https://clerccenter.gallaudet.edu/>
- National Deaf Center on Postsecondary Outcomes — nationaldeafcenter.org
- Office of the NYS Attorney General, Civil Rights Division — www.ag.ny.gov
- Young Adults - www.hearingloss.org/content/young-adults-and-hearing-loss

Lion's Hearing Devices Loan-Out Centers — try out devices before you buy them!

- Center for Better Hearing, 318 Ridge St., Glens Falls, NY 12801 (518) 798-4800
- HearUSA, 258 Hoosick St., Troy, NY 12180 (518) 272-7323
- Madison & Saratoga Hearing Ctr, 14 Columbia Circle Drive, Suite 202, Albany, NY 12203 (518) 629-0889
- Madison & Saratoga Hearing Ctr, 414 Maple Ave, Suite 800, Saratoga Springs, NY 12866 (518) 430-4003
- Madison & Saratoga Hearing Ctr, 81 Miller Road, Suite 700, Castleton, NY 12033 (518) 708-8648
- Resource Center for Independent Living, 347 W. Main St., Amsterdam, NY 12010 (518) 842-3561
- Resource Center for Independent Living, 401 East German St., Herkimer, NY 13350 (315)866-7245

Patronize These Accessible Venues!

And...if you know of other venues, please share them with us!

- AMC Loews (amctheatres.com) — Rotterdam — Captioning
- Barrington Stage (Barringtonstage.org) —first six rows of Main Stage are looped
- Bowtie Cinemas (bowtiecinemas.com) —Schenectady, Saratoga, Wilton —“cup holder” Captioning
- Capital Repertory Theatre (capitalrep.org) — Loop
- Christ Church, Cooperstown, (<https://www.ceccoop.net/>) - NY Loop
- Christ Community Reformed Church, Clifton Park (<https://www.ccrcc-pny.org>) — Loop
- Christ Our Light Catholic Church, (christourlightchurch.org) Loudonville, NY — FM System
- Crandall Public Library (Glens Falls) Christine L. McDonald Community Room (<https://www.crandalllibrary.org>)
- Delmar Reformed Church (drchurch.org) — Loop
- First Presbyterian Church (firstpresalbany.org) 362 State Street, Albany—perimeter Loop on the right side of the sanctuary
- Gloversville Public Library's Carnegie Meeting Room (<http://gloversvillelibrary.org>)
- Good Shepherd Lutheran Church, (www.gscl.org) 510 Albany Shaker Rd, Loudonville, 12211— Loop
- Loudonville Community Church (www.lcchurch.org) — FM Receivers
- Our Lady, Queen of Peace Catholic Church, Princetown Rd, Schenectady (www.olqprotterdam.org) — Loop
- Proctors Theater — Loop in the Main Stage and the Addy
- Regal Cinemas (regmovies.com) —Clifton Park, Crossgates, Colonie Center, East Greenbush, Wilton Mall and Aviation Mail — Captioning and Captioned Glasses
- Schenectady Light Opera Company, Schenectady, NY—FM Assistive Listening System
- Spectrum 8 (landmarktheatres.com) — Infrared and CCR-100 Captioning
- St. Mary's Catholic Church, Hamilton, NY— Loop
- St. Mary's Crescent Catholic Church Clifton Park (www.stmaryscrescent.com) — FM System
- St. Joseph's & St. Patrick's Catholic Church, Utica, NY - (<https://stjoestpat.org/index.html>) - NY Loop
- St. Thomas Episcopal Church, Hamilton NY - (<https://www.stthomashamilton.org/>) - NY Loop
- Unitarian Universalist Society of Schenectady (uuschenectady.org) — Loop
- Universal Preservation Hall (<https://universalpreservationhall.org>) Saratoga Springs, NY loop
- Wood Theater (<https://woodtheater.org>) 207 Glen Street, Glens Falls, NY 12801, loop

HEARING LOSS ASSOCIATION OF AMERICA ALBANY CHAPTER MEMBERSHIP REGISTRATION

The Hearing Loss Association of America Albany Chapter operates on a calendar year from January to December. Registration is due in January of each year.

TRY US OUT - opt in for a trial of the newsletter for three issues! **CUT OUT AND MAIL IN FORM WITH PAYMENT!**

Name: _____ E-Mail _____ @ _____

Address: _____ City: _____ State _____ Zip _____

Please check your choices below:

Please make checks payable to HLAA Albany Chapter
PO Box 9445 Sch'dy NY 12309

Individual: \$15 _____

Professional Associate _____

I would prefer to receive the newsletter by e-mail _____

Family: \$20 _____

\$100 or \$175.

I would prefer to receive the newsletter by mail _____

Trial: _____ (3 free issues)

Questions?: e-mail hearhlaa@yahoo.com or see our website at <https://hearinglossalbany.wordpress.com>

Donation: \$ _____ (MUCH APPRECIATED!)

And also, Go NATIONAL: Join the Hearing Loss Association of America HLAA <https://www.hearingloss.org/>




news


**Hearing Loss Association of America
Albany Chapter
PO Box 9445 Schenectady NY 12309-0445**

**Email: hearhlaa@yahoo.com
and our website is:
<https://hearinglossalbany.wordpress.com>**

We're on
Face-
book
LIKE Us!



We're on
Twitter!



@HLAA_AlbanYNY

April 2022