

SAY THAT AGAIN?

Our ears don't usually hurt when things get too loud, so people don't necessarily realize the damage is done.



CHRISTINA MacNAMARA-SCHMIDT
For Health & Science

Sounds of chirping birds, falling rain, and your favorite song are something many of us take for granted.

But for 48 million Americans who have some lost hearing, listening to their favorite things can be very difficult.

Hearing loss is the third most common health problem in the U.S.

Certain conditions, including age, illness, and genetics can contribute to hearing loss. Even some medications and sources of loud noise in our modern society play a role.

TYPES OF HEARING LOSS

Let's take a look at the different types of hearing loss:

There are two basic types of hearing loss: sensorineural hearing loss, which is a permanent type of hearing loss coming from sensory cells in the inner ear or the hearing nerve itself; and conductive loss, which occurs when there is something in the inner ear that's keeping the sound from transferring through the ear properly. Many people have a mix of both types.

"People start to notice changes in their hearing that affects everyday interaction with family members and co-workers, and they notice a deficit, too. People then come in for a hearing test, and that gives us information about the type of hearing loss, how much, and what's causing it. We also can find out the quality of the sound an individual hears," said Dr. Margaret Christiansen, of Audiology Consultants, Davenport.

A conductive hearing loss can be treatable. Causes of conductive hearing loss can include simple things like an ear infection causing fluid buildup behind the ear drum. This cause can be remedied with an antibiotic. Other types of conductive hearing loss can require surgery.

A sensorineural hearing loss is the most common.

"There is no permanent cure for sensorineural hearing loss. In most cases, sensorineural hearing loss is treatable with amplification of hearing instruments," said Anthony Pro, a licensed hearing instrument specialist for Miracle-Ear Center in Moline.

What causes hearing loss? People can be born with hearing loss, or it can be the result of conditions that develop across the lifespan. Audiologists say they see more people are electing to use hearing aids at younger ages.



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Can my friends and family help me with my hearing difficulty?

Yes. You and your family can work together to make hearing easier. Here are some things you can do:

- Tell your friends and family about your hearing loss. They need to know that hearing is hard for you. The more you tell the people you spend time with, the more they can help you.
- Ask your friends and family to face you when they talk so that you can see their faces. If you watch their faces move and see their expressions, it may help you to understand them better.
- Ask people to speak louder, but not shout. Tell them they do not have to talk slowly, just more clearly.
- Turn off the TV or the radio if you aren't actively listening to it.

Working together to hear better may be tough on everyone for a while. It will take time for people to get used to speaking louder and more clearly. Be patient and continue to work together. Hearing better is worth the effort.

SOURCE: www.nidcd.nih.gov/health/hearing-loss-older-adults

New Doctor Brings Latest Hip Replacement Method to the QC

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Direct Anterior Approach for total hip replacement (THA) – is now available in the Quad Cities. So if you suffer from hip pain, don't aggravate it by traveling outside the area for care.

Simply make an appointment with Dr. Ryan Pokorney, who recently joined the experienced, fellowship-trained team at Orthopaedic Specialists in Davenport, Iowa.



Dr. Pokorney

What is the Direct Anterior Approach for total hip replacement?

The Direct Anterior Approach for total hip replacement is a minimally invasive, outpatient procedure performed at the front

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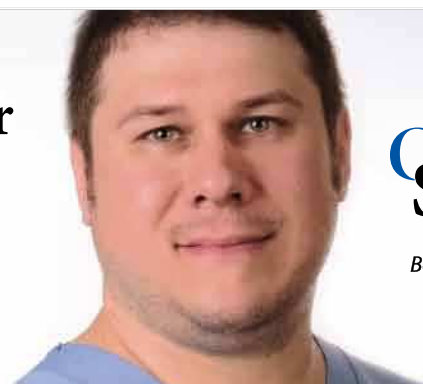
3D hip model.

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Now offering Direct Anterior
Total-Hip Replacement
by Dr. Ryan Pokorney

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By 2024 demand for sign language interpreters will grow by 29 percent

Sign Language Program provides a valuable service to the hearing impaired.

EASTERN IOWA COMMUNITY COLLEGE For Health & Science

Individuals searching for a new career with an interest in helping others might look toward becoming a Sign Language Interpreter.

“Most people don’t realize the tremendous need we have for sign language interpreters,” said Diane Roebuck, instructor in Scott Community College’s American Sign Language program. “Both in this area and around the country there is an unmet need for people in these positions.”

The Gallaudet University Library reports there is an estimated 500,000 American Sign Language speakers in the United States and some estimates range up to two million.

The demand for interpreters is evident in the statistics available through the U.S. Department of Labor’s Bureau of Labor Statistics (BLS). The BLS projects the number of positions to grow by 29 percent in the decade ending in 2024, much faster than the average. It also reports that the median wage is approximately \$44,000 per year.

“As many as 20 percent of the requests for sign language interpreters are going unanswered due to the shortage



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of professionals in this area,” Roebuck said. “One of the greatest things about this profession is people become so passionate. It’s much more than just another job. Our students really are excited about being a part of it and look forward to coming to class every day.”

Interpreters work in a variety of different areas. Many are self-employed, working as private contractors providing their services to several individuals and companies. This allows them to be their own boss as well as scheduling their work as they feel is appropriate.

There is a growing demand for interpreters in health care facilities, courtrooms, education and other areas where communication with clients and students is a vital necessity.

In addition, translation companies provide services in some specific areas. For example, there are companies working to provide phone services for deaf and hard of hearing individuals. The interpreter sees the client using video, and translates their words to the person on the receiving end of the phone call.

Scott Community College, one of the Eastern Iowa Community

Colleges, offers the only sign language program in the state of Iowa.


The intensive program begins with a five-class certificate. The classes include American Sign Language I and II, Deaf Studies, Deaf Culture and Acting. People are sometimes surprised by the Acting component but facial expressions and body movement can be just as big a part of conveying a message as the hand signing.

Following the certificate program, students move onto complete the full Associate in Applied Science Degree.

Also, the college just opened its brand new sign language lab and classroom this past fall.

“We had kind of outgrown our previous lab and things were getting a bit cramped,” Roebuck said. “Students spend a lot of time practicing in front of computers with video cameras so they can see how they are doing for themselves. This is an entirely new space with plenty of room. It’s well lit and perfect for what we do.”

More information, including video of recent news reports about the program and job demand, can be found on the college’s website, www.eicc.edu/signlanguage



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For Gainful Employment information related to this program go to www.eicc.edu/gainfulemployment

New Micro-Invasive Treatment for Carpal Tunnel

ORTHOPAEDIC SPECIALISTS
For Health & Science

One of the more common known symptoms of Carpal Tunnel syndrome is hand pain... specifically that which keeps you up at night.

People who suffer from carpal tunnel syndrome often experience worse symptoms following sustained gripping activities, such as driving a car or holding a book or a newspaper. The most common complaint (when talking to patients) is waking at night with numbness and tingling or pain in one or both hands.

If you think you may be suffering from carpal tunnel syndrome, it is important to understand what carpal tunnel syndrome is. Carpal tunnel syndrome is caused by pressure on the median nerve where it passes through the carpal tunnel along with the flexor tendons as they travel from the forearm to the hand and fingers. The carpal tunnel is a bony canal formed by the carpal (wrist) bones. A strong ligament, called the transverse carpal ligament or flexor retinaculum, closes the palm side of the canal. This ligament serves as a pulley for the flexor tendons.



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Until just recently, the modern technique for treatment was endoscopic carpal tunnel release which utilized a tiny video camera inserted beneath the skin. The surgeon would then see and divide the transverse carpal ligament from inside the carpal tunnel through a very small incision called a "portal".

"Now we're able to perform the same surgery with an even smaller incision, thanks to the latest method developed at the Mayo Clinic," says Dr. Tyson Cobb of Orthopaedic Specialists. "By using Ultrasound to

guide a retractable blade, we're not only able to reduce the size of the incision, but can also perform the procedure in-office."

Dr. Cobb is the only surgeon in the area to offer this newly developed Micro Invasive technique for Carpal Tunnel. The surgery is performed without having to cut through tissue overlying the transverse carpal ligament. The incision is so small that no stitches are required following the procedure. Patients recover faster and experience less postoperative scarring, pain, and stiffness.

If you would like to setup an appointment to see if you are eligible for this brand-new treatment of Micro Invasive Carpal Tunnel Release please call Orthopaedic Specialists at 563-344-9292.

*Dr. Cobb is the ONLY Fellowship Trained, Board Certified Orthopaedic Surgeon with Certification of Additional Qualification in Surgery of the Hand and Arms. Dr. Cobb was asked to join the Advisory Board with other surgeons to develop this new technique

Hearing loss.

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TECHNOLOGY TO HELP WITH HEARING LOSS

Perhaps you suspect that you need a hearing aid. You have many options, from going to an audiologist or simply to a store that sells them. What should you look for in a hearing aid?

"One thing to remember with any hearing aid, is it needs to do a good job of amplifying sounds. When you have damage to the nerve in the ear, the hearing aid has to send sound through the damaged ear up to the brain. There's a portion of hearing loss that we can't overcome. But a hearing aid is one thing you can use to help hear better," said Dr. Margaret Christiansen of Audiology Consultants, Davenport.

Hearing aids work on the same general premise.

"The computer in the hearing aid enhances the speech frequencies that a person cannot hear correctly without," said Pro.

Having the hearing aid adjusted correctly to address a person's specific deficiencies is very important.

"Our hearing falls across all different frequencies. Most time, people have hearing loss across high pitches. That's where most consonants are. They make comments can hear people talking but it sounds like they are mumbling. It's common to have hearing loss in one area but other pitches are completely normal," said Christiansen.

Background noise is another issue with hearing aids. Pro commented that some hearing aids can eliminate background noise almost entirely.

Hearing aids vary a great deal in price, size, special features and the way they are placed in your ear.

Different hearing aid styles each come with their own pros and cons.

Hip replacement

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of the hip, so it doesn't require detaching tendons or muscles. It only requires an incision of about 3-4 inches, compared to 8-12 inches for traditional surgery. It is completed

with specialized instrumentation to help make surgery less traumatic to the patient. While it's not recommended for everyone, it's certainly the best option for those who qualify.

Because of the way it's performed, it has many benefits:

- Quicker recovery time

- Less scarring
 - Reduced post-surgical pain
- "We'll first thoroughly review the non-surgical methods to relieve pain that are available," says Dr. Pokorney. "But if non-surgical approaches are failing and hip pain is markedly impacting daily activities as well as the ability to sleep, we'll discuss total hip

replacement options that include the Direct Anterior Approach."

If you are experiencing hip pain or other orthopaedic pain, you can schedule an appointment at Orthopaedic Specialists by calling 563.344.9292 or visiting their website at OSQuadCities.com.

When should I see an Audiologist?

Hearing Loss is a significant public health issue. In fact, it is the third most common physical condition after arthritis and heart disease. There are many potential causes of hearing loss. Hearing loss can be congenital (present at birth), develop slowly overtime time, or even show up very suddenly. A diagnostic hearing test and review of ear and hearing symptoms can help to determine the type and cause of hearing loss.

An Audiologist is the health care professional who can evaluate, diagnose and manage hearing disorders. If you have any of the following symptoms, it may be time to visit an Audiologist for an examination:

- You often ask people to repeat themselves
- You have difficulty following conversation, especially in

- noise
- You feel like most people are mumbling
- You have trouble hearing on the telephone
- You hear ringing or other noise in your ears

Your Audiologist will perform a thorough examination to determine if any hearing loss or potential medical problem exists. We will discuss the results with you and recommend any appropriate follow up. If there is any potential medical concern, we may recommend you see your primary care physician or an ear, nose and throat physician.

If hearing loss is found and hearing aids are an option, your Audiologist is an expert in the selection and fitting of appropriate hearing aids or other amplification.



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Consultation with a trained Audiologist is the right choice for people who suffer from hearing loss.

If you or a loved one are experiencing any symptoms of hearing loss or other ear disorders, please consider an appointment with an Audiologist for further evaluation.

Audiology Consultants, P.C.



We specialize in a variety of services including:

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