



Greetings from Kelly Hearing

We hope you have had a lovely Christmas in these strange times and send our warmest regards and best wishes to you and yours in this new year.

During the winter season and going forward, we at Kelly Hearing are doing our utmost to protect our patients. We have invested in PPE and air purifying technology with the aim of carrying out appointments to a high safety standard in these unprecedented times. We are continuing to operate with staggered appointments and vigorous cleaning and disinfecting is carried out before and after each appointment. It is essential to wear a mask throughout your appointment, they are available for patients upon entering the clinic. We are still asking patients to remain in their car until the designated time. We are trying to avoid using the waiting area so please phone ahead if you arrive before/after your appointment time.

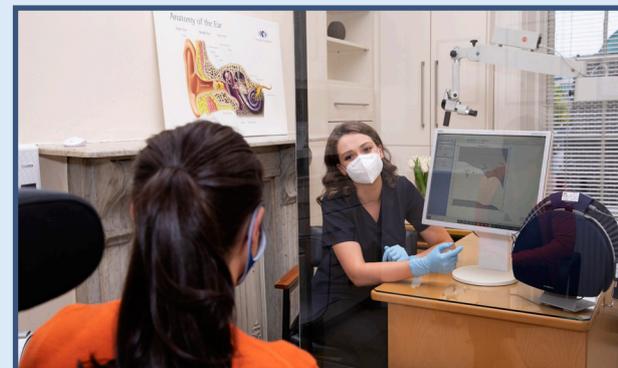
We are all in this together.

Stay safe and stay well,

Ann, Naomi & Emer

What have we been up to?

- Events slowed late Spring/ early Summer, Ann had been due to present at a European Lyric event in May which was postponed.
- Lyric 4, Summer 20: Our clinic were selected to trial the new Lyric 4 devices.
- Virtual REMs course, December 20; All three Audiologists attended a private education day on Real Ear Measurements to avail of new procedures.
- Updated hearing aid launches:
 - Virtual Phonak Paradise Launch
 - Virtual Starkey Launch
 - Virtual Oticon Launch
 - Virtual Lyric4 Launch
- Our Irish professional societies held AGM and discussions: IHSAA virtual AGM and IAA virtual AGM.
- AIHHP, October 20: Association of Independent Hearing Healthcare professional annual conference - focused on sound tolerance, speech processing research and technology.
- British Tinnitus Association discussion group, November 20: latest research results were evaluated and discussed. A very robust discussion group where global experts' opinions/ critical analysis are shared in an open forum.



Help prevent Coronavirus



Wash your hands



Cover mouth if coughing or sneezing



Avoid touching your face



Keep surfaces clean



Stop shaking hands and hugging



Keep a safe distance



Latest Advances in Hearing Aid Technology

Connectivity

Hearing aids are not simply about hearing better, they allow us to make better connections with the world (and people) around us. With bluetooth technology, hearing aids can connect directly to your phone, doubling as wireless headphones. This means you can stream calls (zoom or otherwise!), music, audiobooks and podcasts straight to your ears. For the first time bluetooth has been made available in custom In-The-Ear (ITE) devices, such as the Phonak Marvel 312 and the Starkey Livio Edge.



Artificial Intelligence

Artificial intelligence or machine learning is a technique whereby the hearing aids adapt to the inputs they receive, allowing better recognition and processing of environmental sound. The hearing aid uses a deep neural network to 'learn' as it goes, similar to how our brains operate. This helps reduce background noise and enhance speech cues, creating better listening solutions for those with hearing loss. This cutting-edge technology is available in the Oticon More, Phonak Paradise, Starkey Livio Edge and Widex Evoke ranges.

Hearing "Healthables"

One of the latest features available in hearing devices is embedded sensor technology. These sensors monitor body movement, similar to activity trackers such as fitbits or smart watches.

Lyric4 Hearing Aid – First Centre to offer Lyric4 in Ireland

Lyric is an invisible hearing device that is worn 24/7. Here at Kelly Hearing we were excited to be asked to be the first clinic in Ireland to provide the Phonak Lyric4 hearing aid, giving our patients access to the latest lyric technology months in advance of the launch. The new Lyric4 features components that have been further improved to help guard against earwax and other debris, helping to increase reliability. The size of the Lyric has also been made slightly smaller for even more comfort in the ear. Lyric has been found to provide relief from tinnitus.



TV Connectors



Poor TV sound quality is one of the most common problems we encounter in our clinic. Additional plug-in TV connectors can help with this. TV Connectors are an easy-to-setup and easy-to-use device allowing top-rated Dolby Stereo sound quality to be streamed directly to your hearing aids. The volume of the TV in the room can remain unchanged, so others can keep the TV at a comfortable listening level for them. Speak to the clinic for more information and compatibility.

Remote Support

Remote Support provides an effective way for us at Kelly Hearing to carry out hearing aid adjustments for our patients who may not be able to attend the clinic in person, whether living abroad or restricted by travel. Remote support gives us the ability to provide you with an efficient service in real-time, meaning any changes made will be sent to your hearing aids and take immediate effect. It may also be useful for our patients who have been advised to remain at home for whatever reason during this pandemic. A pre-arranged remote support appointment can be made by contacting the clinic. *Please note this service is only available with compatible hearing devices and apps.*



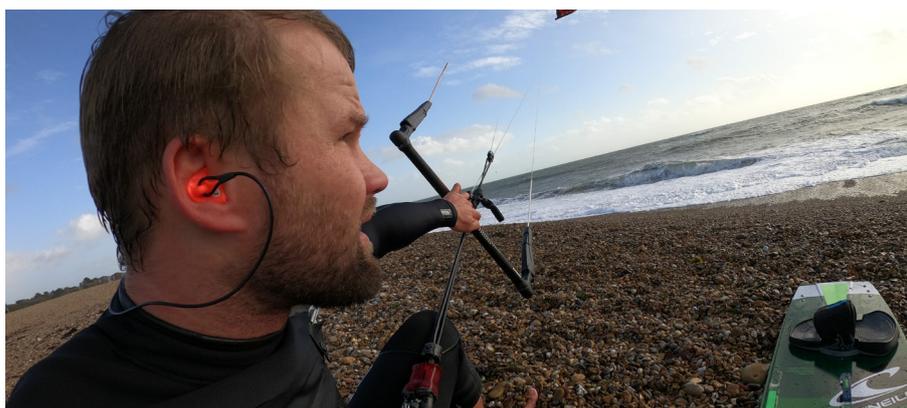


Swimmers!

With the huge uptake in sea swimming over the past year, we want to share how you can protect your ears from the elements of the cold Irish waters.

Water can be problematic for some ears (both adults and children included) as it can trigger certain infections or conditions.

Swimmer's ear (also known as otitis externa) is an infection of the outer opening of the ear and the ear canal. It causes swelling, pain and irritation. Excess moisture in the ear can irritate and break down the skin, allowing bacteria to grow. This is generally treated with antibiotic drops. The infections can reoccur and be quite bothersome for lovers of water sports.

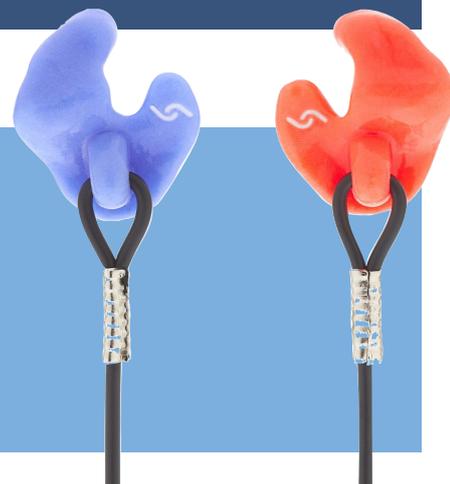


Surfer's ear (or exostoses) is a condition where bony growths develop within the ear canal. These arise due to repeated exposure to cold water and wind (hence the name surfer's ear!). The continuous changes of temperature stimulate bone-producing cells in the ear canal. These bony growths are not painful, so a person is often unaware that the condition is developing. No treatment is generally required however excessive growths may lead to hearing loss.

At Kelly Hearing we offer excellent-quality customised silicone swim plugs that can protect your ears from water. We take a cast of your ears, using 3D scanning they are made to an exact fit. These swim plugs are available in a range of colours and come with the option of a removal cord and carry case. They are an excellent accessory for water-lovers or those required to keep their ears dry while swimming, showering or bathing.

NEW - Aqua Hear swim protection

This new customised earplug with hearing filter allows better access to sound - so you can still easily hear others, like instructors, students or warnings while safely protecting your ears.





Face Masks and Speech Understanding

Masks can reduce high frequency sound, making consonants seem muffled. In turn, people with difficulties hearing are no longer able to rely on lipreading, which accounts for 30% of any person's speech recognition.

Tips for hearing aid users when wearing masks!

Hearing aids, masks, glasses and then our winter hats... it is a lot to be considered. You are not alone! As most masks are designed with ear loops, hearing aids, especially behind the ear devices, can easily get caught and potentially lost. To combat this, we have put together the following suggestions. As always, we recommend only taking your mask off in your home/car.

- Custom earpieces that attach to your existing hearing aid allow for better security in the ear. They 'anchor' the hearing device into position, helping prevent it from being swept from the ear during mask removal. Please contact the clinic for more information about custom fit earpieces.



- A mask extender takes pressure away from the ear and is ideal for hearing aid users. If interested, we have some supply in clinic and would be very happy to send one out to you with our compliments (while stocks last).



- Try a mask that ties at the back of the head rather than loops over the ears.



Staff News

Our New staff member: Emer McKenna



We welcomed Emer to the clinic last October. In 2020 Emer graduated with a first-class honour from the MSc Audiology programme in University College Cork. Prior to her audiology career, in 2015, she gained a BA in Early Years and Childhood Studies from University College Cork and went on to spend three years working as a Primary School teacher in Dubai, U.A.E.

Throughout her master's degree, Emer spent time developing her skills in both HSE and private practices and she is qualified to deliver diagnostic and rehabilitative care to both adult and paediatric populations.

Emer has a particular interest in the ototoxic effect medications have on the cochlea and she has completed a research project on this topic, specifically investigating the ototoxic effects of aminoglycosides amongst patients with cystic fibrosis.

Emer has volunteered with Special Olympics Ireland as a part of their Healthy Hearing team and is a member of the Irish Academy of Audiology and Irish Society of Hearing Aid Audiologists

We continue our THANK YOU to our essential workers.

Everyone should be so proud of themselves for following the guidelines. Together, we have saved lives.

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