



*New Technology
Offer Inside!*

Auditory Training & Cognition

➤ *Congratulations* **Munirah Awad, Au.D.**



We are proud to announce that Dr. Munirah Awad is our newest provider here at The University of the Pacific Hearing and Balance Center. Munirah was born and raised in the Bay Area, California. She received her Bachelor of Science in Biology, with a minor in Chemistry, from the University of San Francisco and her Doctor of Audiology degree from the University of the Pacific. Munirah enjoys working with diverse populations and helping people from all walks of life. She has experience in adult and pediatric diagnostic testing and amplification. Her goal is to help patients improve their quality of life by providing patient-centered care.

➤ *Welcome* **Anna Walters-Our New Extern**



Anna Walters is a 3rd-year audiology extern from the University of the Pacific. She earned her bachelor's degree in speech pathology and audiology from the University of Wyoming in 2020. Anna has a passion for audiology that began when she accompanied her baby brother to his cochlear implant evaluation appointment. Throughout her time at the University of the Pacific, Anna has worked with faculty members on multiple research projects. Anna presented some of these research findings at the 2021 CAA conference and the 2022 AAA conference. Anna's favorite part of patient care is working with all types of hearing technology, from hearing aids to cochlear implants. Outside of the clinic, Anna is an avid bookworm, baker, and retro gamer.

WHEN TREATING HEARING LOSS, audiologists' understanding of the interaction between hearing and cognition plays a crucial role in providing patients with a reliable and effective solution, which may include auditory training.

Humans are unique in how we interpret noises from our environment: we can utilize cognitive processes (knowledge, memory and intelligence) with the sensory input we receive. When you suffer from hearing loss, your ability to gauge the meaning of a sound that has been separated from its physical source is compromised. Your cognitive system must work harder to interpret sensory input data to help make sense of the world around you.

Auditory training can help by training your brain to improve cognition. One way that an auditory training program accomplishes this is by focusing on enhancing working memory. In a conversation, you rely on working memory to allow you to retain words so that each word's meaning and its context can be processed. A decline in working memory can hinder speech understanding and overall cognition.

Auditory training can also boost your auditory processing speed to help you recognize speech rapidly and improve your auditory attention to help you understand speech in challenging listening environments.

If you wear hearing devices, auditory training could be the extra boost you need to keep your cognitive skills sharp. In one small study of hearing device users with dementia who used online auditory training at home for four weeks, researchers found that auditory training combined with hearing devices resulted in more cognitive improvement than wearing devices alone. Participants experience an improved ability to read, talk on the phone and carry on a conversation.¹

We are now pleased to offer an aural rehabilitation program called Amptify Dx. This 12-week online program includes auditory training video games that build strong cognitive skills through fun, interactive auditory training modules. Learn more about Amptify Dx in the next article.

¹ University of Texas. (2016). Hearing aids, auditory training may provide dementia patients with increases in cognitive abilities. <https://news.unt.edu/news-releases/hearing-aids-auditory-training-may-provide-dementia-patients-increases-cognitive-abilities#:~:text=>

Introducing Amptify DTx: A NEW WAY TO HELP YOUR HEARING



Hearing devices on their own are great at treating hearing loss. But hearing devices along with an aural rehabilitation program are even better. Want to set yourself up for auditory success? Amptify DTx, a fun, evidence-based online aural rehabilitation program, could be precisely what your hearing system needs to thrive.

How Amptify DTx Works

The ultimate goal of any aural rehabilitation program is to help you engage more fully with the people and activities that bring you joy, improving your quality of life.

Amptify DTx offers you a variety of interactive digital tools to help you reach that goal. With Amptify DTx, you'll enjoy:

- **Interactive Curriculum**—Experience 12 weeks of motivation, quizzes, strategies, real-life practice and hearing loss education.
- **Auditory Training Video Games**—Build strong cognitive and listening skills through fun, interactive auditory training modules.
- **Hearing Health Coach**—Get guidance from supportive and engaging hearing professionals.
- **Peer Support Community**—Give and receive support and guidance from peers in the program.
- **Best of all, Amptify DTx is 100% online**, making it easy to practice and train on your schedule for just a few minutes a day.

Amptify DTx Changes Lives

Amptify DTx's results are impressive. Research shows that 96% of clinical trial users of the program responded positively to the Amptify experience and the Amptify curriculum received a satisfaction rating of 6.1 on a 7-point scale during clinical trial testing.¹

Studies have also found that Amptify enhances speech discrimination,^{2,3} leads to reduced perceptual effort during listening,⁴ increases listening confidence⁵ and leads to improved communication between couples.⁶

At the University of the Pacific, our audiologists provide full-service hearing health care based on the medical model to help you hear your best. We believe that Amptify DTx is a crucial part of that comprehensive care and are thrilled to now offer it to our patients.

UOP offers special discounted pricing! If you would like more information, schedule an appointment with our audiologists today!

¹ Tye-Murray, N. (2021). A digital therapeutic and hearing health coach for enhancing first-time hearing aid experiences. *Hearing Review*, 28, 25-26

² Barcroft, J., Sommers, M. S., Tye-Murray, N., Mauzé, E., Schroy, C., & Spehar, B. (2011). Tailoring auditory brain training to patient needs with single and multiple talkers: Transfer-appropriate gains on a four-choice discrimination test. *International Journal of Audiology*, 50(11), 802-808.

³ Barcroft, J., Spehar, B., Tye-Murray, N., & Sommers, M. (2016). Task-and talker-specific gains in auditory brain training. *Journal of Speech, Language, and Hearing Research*, 59(4), 862-870.

⁴ Sommers, M. S., Tye-Murray, N., Barcroft, J., & Spehar, B. P. (2015, November). The Effects of Meaning-Based Auditory Brain Training on Behavioral Measures of Perceptual Effort in Individuals with Impaired Hearing. In *Seminars in Hearing* (Vol. 36, No. 04, pp. 263-272). Thieme Medical Publishers.

⁵ Tye-Murray, N., Sommers, M. S., Mauzé, E., Schroy, C., Barcroft, J., & Spehar, B. (2012). Using patient perceptions of relative benefit and enjoyment to assess auditory brain training. *J Am Acad Audiol*, 23, 1-12.

⁶ Tye-Murray, Nancy, et al. "Auditory training with frequent communication partners." *Journal of Speech, Language, and Hearing Research* 59.4 (2016): 871-875.

How Moisture Affects Hearing Aids

ONE OF THE GREATEST ENEMIES OF YOUR HEARING AIDS IS MOISTURE. While hearing aids are built to withstand the rugged environment of your ear, they are still high-level technology that can malfunction if not properly cared for.

To keep your hearing aids safe from moisture, keep them away from moist or damp environments. Remember to also remove your aids before jumping in the pool or playing in the surf. In addition, try to exercise when it's cool outside so that your hearing aids aren't exposed to excess sweat and moisture. If you have hearing aids with non-rechargeable batteries, leave your hearing aid's battery door open at night to allow any moisture to escape.

Despite your best efforts, moisture damage can occur. Below are signs moisture has infiltrated your hearing aids:

- Sound cuts out when there are loud noises.
- Sound fades in regular listening environments.
- You hear a lot of static.
- Sounds are distorted or unclear.
- Your hearing aid stops working completely, even temporarily.

You can do several things at home to try to remedy moisture in your hearing aids.

If you have behind-the-ear (BTE) devices with plastic tubing, look in the earmold tubing. If you see moisture droplets, you can purchase an earmold puffer to blow the moisture out. You can also have your earmolds fitted with a moisture-dispersing tube.

For all hearing aids, you can purchase a drying device or dehumidifier. This small investment will protect your valuable health care technology.

After trying these methods, contact your audiologist right away if your hearing aids are still malfunctioning.

Tired of having to worry about moisture harming your hearing aids?

Try waterproof hearing aids! They offer protection against water and sweat, giving you the peace of mind that your devices will continue to perform well no matter what.

Phonak Audéo™ Life CELEBRATE THE SOUNDS OF SUMMER.



PHONAK
life is on

The world's first waterproof hearing device with a motion sensor, speech enhancement, tap control and universal Bluetooth® connectivity, Phonak Audéo™ Life delivers a crisp, natural listening experience, so you can enjoy all the wonders of sound.

For more information or to schedule an appointment, call (209) 946-7378.

SCHEDULE AN APPOINTMENT AND RECEIVE:

- Complimentary hearing aid consultation
- 45-day risk-free trial*
- Free charger with the rechargeable product **
- Free wireless accessory with the purchase of basic, advanced and premium technology***

*With the 45-day trial, an updated hearing test may be required.

** The free charger offered is valued at \$250.

*** The free accessory offered is valued at up to \$300.

