

PACIFIC GIVES FROM NOW UNTIL APRIL 26TH, 2023

From now until April 26th, 2023, Pacific Tigers will come together to support the areas of the Pacific they love the most. Pacific Gives is a 24-hour day of giving where alumni, students, faculty, staff and friends unite to show their commitment and support of our students and university.

You can help drive our university forward and ensure Pacific Audiology students and faculty have the resources to thrive.

How can you show support?

1. Scan our QR code with the camera on your phone/tablet.
2. Enter an amount to donate or select a donation amount from the options provided.
3. Input the information requested in the form, and once complete, hit the "Give Early" button to submit.



Visit our website www.upacifichearing.com.

Thank you for your donation!



EDUCATIONAL ONLINE EVENT

Sudden Sensorineural Hearing Loss

Join us for our quarterly webinar series!



Presented by UOP Faculty in Audiology:

Fadi Najem, Au.D., Ph.D.
Assistant Professor

Tuesday, May 23, 2023, 11 a.m.–12:30 p.m.

Did you know sudden sensorineural hearing loss (SSNHL) is a medical emergency? It requires both audiological and medical exams to evaluate.

Register for our free webinar and learn more.

Visit www.upacifichearing.com/events for registration and additional information.

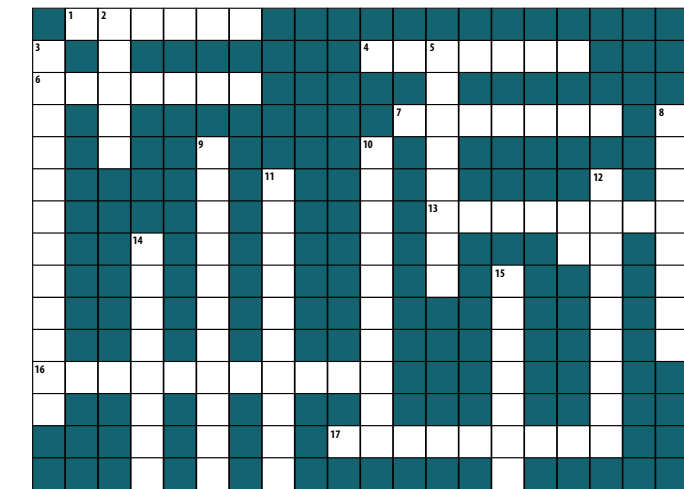
May is almost here and so is....

BETTER HEARING & SPEECH MONTH!

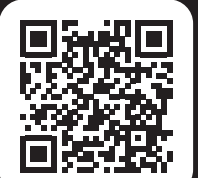
Created in 1927 by the American Speech-Language-Hearing Association, Better Hearing & Speech Month (BHSM) is held annually every May to raise awareness of hearing loss and speech problems.

The goal of BHSM is to encourage people to take action if they believe there might be a problem with their hearing or speech.

To celebrate BHSM, we've created this hearing-related crossword puzzle for you to enjoy. Have fun!



For the answers to this puzzle, simply scan this QR code and see how you did!



ACROSS

- 1 There are three bones in the middle ear; what is another name for the stirrup?
- 4 Sound is measured in what unit?
- 6 The tympanic membrane is also called what?
- 7 This month is National Protect Your Hearing Month.
- 13 If you are going to be around loud noises, it is best to put in a pair of these.
- 16 Who is the health care provider for hearing problems?
- 17 Another term for pitch is?

DOWN

- 2 How many parts of the ear are there?
- 3 The portion of the ear that controls balance contains three _____ canals.
- 5 A person who is deaf may use a _____ implant instead of or with a hearing aid.
- 8 This instrument is used to look into the ear.
- 9 This is the third most common health problem in the United States. (two words)
- 10 This instrument is used to test your hearing.
- 11 If you have hearing loss and need to hear better, what device would you use? (two words)
- 12 _____ is the study of hearing and balance.
- 14 What is the term for ringing in your ears?
- 15 What is the organ responsible for your sense of hearing?

THE TRUTH ABOUT SUDDEN SENSORINEURAL HEARING LOSS

Imagine if you woke up one morning and couldn't hear. Or your ear made a loud popping sound right before your hearing vanished. For people who experience sudden sensorineural hearing loss (SSNHL), these scenarios are commonplace.

What Is SSNHL?

SSNHL, also called sudden deafness, is a condition that unexpectedly causes you to lose your hearing in one or both ears. It usually comes on suddenly but also can appear slowly over a few days.

SSNHL happens when the nerve cells in your inner ear that help sense sound get damaged from a virus, bacteria, trauma or other cause. However, 90% of SSNHL cases are idiopathic, meaning the cause is unknown.¹

Most known causes are viruses or circulatory problems that impair blood flow to the ear. Head injury, tumors, an eardrum rupture, loud noise exposure or extreme emotional stress can also lead to SSNHL.

What Should I Do If I Have SSNHL?

If you experience sudden hearing loss, the most important thing you can do is seek medical help immediately. Delaying treatment for more than two to four weeks makes reversing or reducing permanent hearing loss less likely.

Visiting your primary care physician is the best place to start. They may refer you to an audiologist or an otolaryngologist (an ENT doctor). Your physician may also conduct tests to determine the proper treatment. Depending on the severity and cause of your SSNHL, options may include steroids (the most common treatment), surgery, hearing aids, implants or other devices.

Getting medical attention for SSNHL makes a difference. Evidence shows that 54.5% of individuals with SSNHL regain some hearing within the first 10 days of treatment.²

If you or someone you love may have SSNHL, please call (209) 946-7378 to schedule a hearing evaluation.



¹ Prince, A. (2021). Sudden sensorineural hearing loss: a diagnostic and therapeutic emergency. *The Journal of the American Board of Family Medicine*. <https://www.jabfm.org/content/34/1/216>
² Healthline. (n.d.). Sudden Sensorineural hearing loss. <https://www.healthline.com/health/sensorineural-deafness#causes>

The Link Between

Chronic Kidney Disease and Hearing Loss

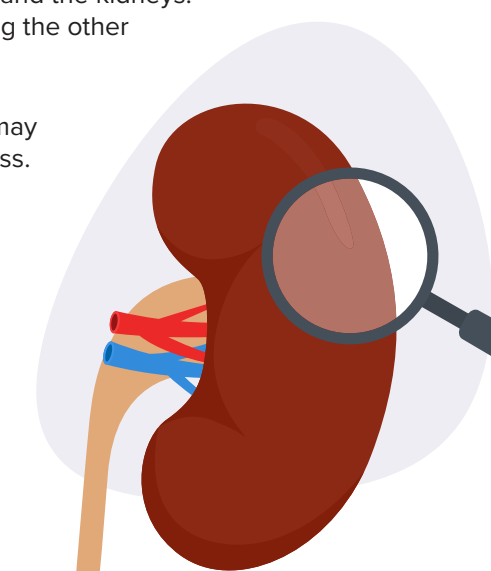


Individuals with chronic kidney disease (CKD) are at a greater risk for hearing loss. Approximately 54% of people with moderate CKD have hearing loss, while only 28% of those without CKD have hearing loss.¹

WHAT'S THE CONNECTION?

The relationship between CKD and hearing loss may be due to several factors:

- 1 There are similarities in the structure and function of the ears and the kidneys. If something is harming one of these organs, it's likely affecting the other since their structure and function are similar.
- 2 The toxins that accumulate in the body during kidney failure may also damage the nerves in the inner ear, leading to hearing loss.
- 3 CKD and hearing loss share common risk factors, such as diabetes and high blood pressure.
- 4 Certain medications used to treat CKD are ototoxic and can affect hearing.



Please discuss the possible connection between your hearing concern and kidney disease with your doctor and the audiologist at UOP.

¹ Vilayur, E. (2010). The association between reduced GFR and hearing loss: a cross-sectional population-based study. *American Journal of Kidney Diseases*. <https://pubmed.ncbi.nlm.nih.gov/20673695/>

Introducing: The Oticon Real™

The latest innovation in hearing technology

The new technology features:

- **BrainHearing™ technology:** Helps your brain recognize and balance all types of sounds, allowing you to remain focused, engaged and sharp
- **MoreSound Intelligence™ & Amplifier™ 2.0:** Reduces disruptive wind, handling and environmental noises, such as clanging dishes, to deliver access to the sounds you want to hear
- **More choices:** Both rechargeable and disposable battery options, plus nine* colors, so you can choose the style that best fits you
- **Connectivity to your digital world:** High-quality streaming from iPhone®, iPad® and select Android™ devices**—helping you stay connected to your favorite devices



Schedule an appointment with our team and receive:

- **One free accessory** included with a purchase of a pair of basic, mid or premium technology
- **In-office demonstration** of the Oticon Real
- **45-Day, RISK-FREE** hearing aid trial

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

*Colors vary by style and availability.

**Remote controls and accessories are needed for Android compatibility.