

EDUCATIONAL ONLINE EVENT

Ask the Experts: **Cochlear Implant Insights and Answers**



Varun Varadarajan, M.D.
Neurotologist at Sacramento ENT



Gail Amornpongchai, Au.D.
Associate Clinical Professor
UOP Hearing and Balance Center



Angie Nguyen, Au.D.
Cochlear America Representative

Join us for our quarterly
webinar series!

Meet Our Presenters

July 17, 2024 | 10:30 a.m.–Noon

In this session, learn how cochlear implants can help when hearing aids are no longer effective. Q&A session to follow, join and get your questions answered.

Register for our free webinar by scanning this QR code:



Visit www.hearingclinic.pacific.edu/events for registration and additional information.



**Here's Sofiya's message for her wonderful patients,
who made her time at UOP so rewarding.**

Dear Patients,

When I began seeing patients with Dr. Gail and Dr. Awad, I was excited to use my institutional knowledge. However, I found myself learning not about what buttons to press or a better testing method, but what it meant to be an audiologist. I've gained valuable insight from my amazing preceptors and, most importantly, from all my amazing patients!

Thank you for giving me such an incredible externship year. I have enjoyed the conversations and stories we shared—I will take this experience with me to my new role as an audiologist at Kaiser and beyond.

I've learned that being an audiologist is about more than fitting hearing aids. It's also about listening and supporting patients through their hearing journey. Thanks for allowing me to be part of yours!



With love,

Sofiya Dorokhin, Au.D.

*Recent graduate who completed
her third-year externship at UOP.*

Cochlear Implants: Could You Be a Candidate?

Regardless of the cause, hearing loss impacts your life. Conversations become more difficult. Music can be less enjoyable. Talking on the phone can be frustrating or impossible.

If you strain to hear while using well-fit hearing aids or are unable to understand what is being said, a cochlear implant may be right for you.

What Exactly Is a Cochlear Implant?

A cochlear implant is a surgically implanted device that bypasses the normal acoustic process of hearing to directly stimulate the auditory nerve.

It involves two parts: a surgically implanted internal piece and an external piece worn behind the ear. The external device, called a sound processor, picks up sound and transmits it to the internal device by a magnetic connection.

A History of Cochlear Implant Candidacy

Patients have been using cochlear implants for over 30 years; today, more than one million people utilize the technology worldwide.¹

Back in the 1980s, patients were required to have bilateral

profound sensorineural hearing loss and no aided speech recognition abilities to be considered a candidate for cochlear implants.

However, cochlear implant candidacy has changed since then, and we've developed a deeper understanding of how the brain processes sound. Today, patients with lesser degrees of hearing loss and higher speech recognition scores may be eligible for cochlear implants. In addition, the age requirement for pediatric patients has been lowered to 12 months.

So, Are You a Good Candidate for Cochlear Implants?

Cochlear implant candidacy depends on your level of hearing loss, ability to understand speech and limitation of benefits from hearing aids.

If you think you may be a candidate for cochlear implants, talk to The University of the Pacific Stockton team today—(209) 946-7378.

¹ National Institute on Deafness and Other Communication Disorders. (2022). Quick statistics about hearing, balance & dizziness. <https://www.nidcd.nih.gov/health/statistics/quick-statistics-hearing#>

4 Protect Your Investment in Hearing Devices: Four Essential Tips

It pays to protect your investment by following these tips:

Tip No. 1: Be aware of the temperature.

- Avoid excessive heat and cold. Do not leave your hearing devices in a hot or cold car.
- Do not dry your hair with a hair dryer while wearing hearing devices.
- If you live in a humid environment, purchase a hearing device dehumidifier.

Tip No. 2: Avoid moisture and water.

- Do not wear hearing devices while swimming, showering, bathing, exercising intensely or in the sauna.
- Use an umbrella when it is raining.
- Remove devices at night and open the casing door to allow air to ventilate the interior.

Tip No. 3: Regularly clean the outer shell of your hearing devices.

- To clean hearing aids, generally wipe the body of the hearing aids, earmolds or earbuds with a gentle

- wet wipe. We recommend Audiologist's Choice® AudioWipes that can be obtained at the clinic.
- Clean your hearing aid and replace the wax filter if device is weak or not functioning.
 - Every six months, take your hearing devices to your audiologist for a thorough clean-and-check and to change out microphone protectors and BTE tubing.

Tip No. 4: Use hair, shaving and cosmetic products carefully.

- Perfume, hairspray, bath powder, shaving cream, cosmetics and hair gel can all clog your hearing devices' microphones. Remove your hearing aids prior to applying hairspray or other cosmetic products. Brush the microphone ports regularly with a soft toothbrush to remove debris and keep the sound pathway clear.

CUSTOM EARMOLDS Provide Superior Protection and Comfort

Custom earmolds are an inexpensive, effective way to prevent noise-induced hearing loss, which is common. The condition affects 17% of U.S. adults aged 20 to 69—approximately 26 million people.¹

Because everybody's ears are uniquely shaped, one-size-fits-all headphones, hearing devices and earplugs don't always function as they should. Inexpensive earmolds provide a custom-fitted solution that can be used in several ways.

A custom noise suppression mold would benefit industrial workers, musicians, law enforcement officers, pilots, dentists, military personnel and hunters. These earmolds can also be useful for earbuds, hearing devices, cellphones and Bluetooth® accessories, motorsports and swimmers, who must contend with the risk of swimmer's ear.

Comfortable and convenient, custom earmolds are available in various materials. Your audiologist will give you options to choose

from, which may include acrylic, soft vinyl, silicone and polyethylene.

Once you choose a material, an impression of your ears will be taken using a putty-like silicone, which will be used to create your final custom mold. After the impression is made, a replica of your ear shape is sent to the manufacturer, who will create the custom mold. You should receive your molds in two to three weeks.

Aesthetics, comfort, acoustics and a superior seal are all reasons an earmold can help you maintain a healthy listening lifestyle.

¹ Centers for Disease Control and Prevention. (2024). Preventing noise-induced hearing loss. <https://www.cdc.gov/hearing-loss-children/about/preventing-noise-induced-hearing-loss.html>

Introducing: The Oticon INTENT™

Discover the Oticon Intent™, the revolutionary hearing aid by Oticon. With cutting-edge 4D Sensor Technology, it adapts to your listening needs, ensuring clarity even in noisy settings. Oticon's BrainHearing™ approach enhances natural sound processing, making communication effortless.

Key Features:

- **4D Sensor Technology:** Adjusts based on your movement and listening intentions.
- **BrainHearing™ Support:** Reduces cognitive strain, improving sound clarity.
- **Seamless Adaptation:** Optimal support during various listening scenarios.
- **Advanced Connectivity:** LE Audio Bluetooth* for high-quality streaming and easy call answering.
- **Rapid Charging:** Full-day battery life with just 2 hours of charging.
- **Future-Proof:** Ready for next-gen communication technologies.



With Oticon Intent, experience effortless hearing and seamless engagement in every conversation and digital interaction.

*Colors vary by style and availability.
**Remote controls and accessories are needed for Android compatibility.

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