

Hearing & Beyond

Self Help for Hard of Hearing People
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Everett Area Chapter
March 2003

Next Meeting

March 8th, 2003
11:00 AM to 1:00 PM
Snohomish County PUD
Commission Room
2320 California St.
Everett

Meeting Topic

Ototoxic Medication

By
Larry Stephenson,
Audiologist

Raffle Item

Donated by
Annette Johnson

Real Time Captioning



*Else
Meek*

Providing Realtime Services

March 8th Meeting

The March speaker will be audiologist **Larry Stephenson** of Newport Audiology Centers. Larry will be speaking about ototoxic medicines, the basic anatomy of the structures of the ear, which can be affected by ototoxic drugs and the signs of ototoxicity. He will also discuss the monitoring of hearing while taking ototoxic drugs (such as some chemo-therapy formulas).

Larry is a licensed audiologist who practices for Newport Audiology in the Washington area. He holds a Masters Degree from the University of South Florida, where he graduated in 1996. His interests at the University level were focused on assessment and remediation of hearing loss in pediatric and adult populations. He is also credentialed by the American Speech-Language Hearing Association. Accompanying Larry will be

Debbi Greer, Regional Manager for Program Development at Newport Audiology Centers. They will both be available to discuss any hearing, hearing aid or hearing service related questions you may have.

Sometimes this happens... and people forget.....

We are missing a FM receiver, and would like to remind you to return it to Everett Area Chapter. It only works with our transmitter...

THANKS

Larry Stephenson will be speaking about:

- Ototoxic Meds Outline
- Basic anatomy of the structures of the ear affected by ototoxic drugs
 - Drugs that can cause hearing loss
 - Signs of ototoxicity
 - Monitoring of hearing during administration of ototoxic drugs

SHHH

Self Help for Hard of Hearing People

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Journal

**Hearing
Loss**



From the PREZ.....

Ototoxic Drugs Can they affect your ears?

Insert from "Ototoxic Drugs", September 2000

by Neil Bauman, Ph.D.

<http://www.hearinglosshelp.com/ototoxicdrugs.htm>

Did you know that there are 820 drugs that can damage your ears?

There is abysmal ignorance on the part of both health care professionals and the general population concerning the many prescription drugs that can indeed damage our ears. In fact, ototoxic drugs are so far removed from the stream of human consciousness that the word is not even listed in most dictionaries!

We call drugs that damage our ears ototoxic (OH-toe-TOKS-ick) drugs. Ototoxic just means ear (oto) poisoning (toxic). These drugs typically either damage the hair cells in the cochlea, the hair cells in the balance (vestibular) system of our inner ears or our auditory nerves. Side effects of ototoxic drugs may include such things as temporary or permanent hearing loss; deafness; tinnitus; dizziness; vertigo; and hypersensitivity to sounds.

There are many drugs that are ototoxic to some degree. For example, taking 6 to 8 aspirin a day can cause ringing in your ears (tinnitus) and temporary hearing loss. Some drugs will quickly and permanently damage your ears. You may be left with little or no hearing. Other drugs can have both temporary and permanent effects.

Always ask your doctor or pharmacist about the possible side effects of any medications (or combinations of medications) you are taking. Have your doctor look these drugs up in their "drug bible" and **show** you.

Just because a drug is listed as being ototoxic doesn't necessarily mean you ears will be damaged by taking it—but be warned—it may. Each person's body is slightly different and reacts differently.

To learn more about ototoxic drugs, come the meeting on Saturday, March 8th at 11:00 AM

We Need Officers for Everett Area Chapter

It is also the time to start thinking about **officers** and committee people for next year (starting in September). if you would like to participate or volunteer let us know.....**Officers** have to be SHHH member.

Everett Area Chapter would like to THANK:

Lilia Smith

For donating pennies to the chapter, every penny helps.

Happy
Birthday
to



Lou
Touchette.....March 23rd

Refreshment for March

Phyllis Kimmons
Dawnelle Bomer

I would like to Thank the following people who bought refreshment in February:

Dave Pearson
Annette Johnson
Dorothea Schrier
Patti Ridley and
Bev Ziarko

We had 2 visitors from SHHH, King County Chapter:

Sandy Bunning, President
Mary Lolis, Vice President
Thanks for coming.

Future Meetings

- **April 5th "Ears, Hearing and Beyond"** at University of Washington
- **April 12th....Mike Mallahan** Hearing and Balance
- **April 26th "WASA-SHHH Quarterly Meeting"** - Tour the New facility at Hearing Speech and Deafness Center.
- **May 10th....Fireman and Paramedics**—Help us with our hearing loss?
- **June 14th.....Potluck**
- **August..Picnic**Dave & Kathy Pearson's home.

DON'T QUIT!

When things go wrong, as they sometimes will,
When the road you're trudging seems all uphill,
When the funds are low and the debts are high,
And you want to smile, but you have to sigh,
When care is pressing you down a bit,
Rest, if you must, but do not quit.
Life is queer with its twists and turns,
As every one of us sometimes learns,
And many a failure turns about,
When he might have won had he stuck it out;
Don't give up though the pace seems slow--
You may succeed with another blow.
Often the goal is nearer than,
It seems to a faint and faltering man,
Often the struggler has given up,
When he might have captured the victor's cup,
And he learned too late when the night slipped down,
How close he was to the golden crown.
Success is failure turned inside out--
The silver tint of the clouds of doubt,
And you never can tell how close you are,
It may be near when it seems so far,
So stick to the fight when you're hardest hit--
It's when things seem worst that you must not quit.

Author Unknown

HOT MAMMA & BE CHEERFUL

Morris, an 82 year-old man went to the Doctor to get a physical. A few days later the doctor saw Morris walking down the street with a gorgeous young lady on his arm. A couple of days later the doctor spoke to the man and said, "You're really doing great, aren't you?"

Morris replied, "Just doing what you said, Doctor: 'Get a hot mamma and be cheerful.'"

The Doctor said, "I didn't say that. I said you got a heart murmur. Be careful."

WHO'S ON FIRST?

Three ladies who are hard of hearing are walking down the street.

One: Whew, it's windy today!

Two: No. Today's Thursday!

Three: So am I! Let's go to a bar!

PERFECT HEARING?!?

An elderly gentlemen had serious hearing problems for a number of years. He went to the doctor. The doctor was able to have him fitted for a set of hearing aids that allowed the gentleman to hear 100%.

The elderly gentleman went back in a month to the doctor. The doctor said, "your hearing is perfect. Your family must be really pleased that you can hear again."

To which the gentleman said "Oh, I haven't told my family yet, I just sit around and listen to the conversations. I've changed my will three times!!"

[CORRECTION—Last month, last word (times) was omitted. -ed]

WHAT DID HE SAY?

A couple were driving across the country. The woman was driving when she got pulled over by the highway patrol. The officer said, "Ma'am did you know you were speeding?" The woman, hard of hearing, turns to her husband and asks, "What did he say?" Her Husband yells, "He says you were speeding!"

The patrolman says, "May I see your license?" The woman turns to her husband and asks again, "What did he say?" Her husband yells, "He wants to see your license!" The woman gave the officer her license.

The patrolman says, "I see you are from Arkansas. I spent some time there once and went on a blind date with the ugliest woman I've ever seen." The woman turned to her husband and asked, "What did he say?" And her husbands yells, "He said he knows you!"

WHAT ON SECOND?

Three guys, each with a hearing loss, were taking a walk one fine March day.

One remarked to the other, "Windy, ain't it?"

"No," the second man replied, "It's Thursday."

And the third man chimed in, "So am I. Let's have a coke."

TIME?!?

A man was telling his neighbor, "I just bought a new hearing aid. It cost me four thousand dollars, but it's state of the art."

"Really," answered the neighbor. "What kind is it?"

"Twelve thirty."

Check one or more boxes that apply to you.

SHHH, Everett Area Chapter meets monthly Sept. through June (with a picnic in August). The chapter sends out the "Hearing & Beyond" newsletter on the same schedule. We need your support to keep the SHHH, Everett Area Chapter functioning. You can help us continue to support and educate people who are hard of hearing. With an annual contribution from you of:

Circle one ___ New or Renewal

\$13.00 for one person, (Annual Contribution)
or

\$15.00 for a family (Annual Contribution)

\$25.00 to become a member of SHHH. This include the "Hearing Loss" Journal plus other benefits.

Name: _____

Address: _____

City: _____ State _____ Zip Code _____

Phone Number _____ TTY / VOICE (Please circle one)

E-mail Address _____

How did you learn about SHHH (Self Help for Hard of Hearing People)?

Please make the check to **SHHH, Everett Area Chapter** and mail it along with this form to:

Annette Johnson, Treasurer
8521 238th St. S.W. #B
Edmonds, WA 98026

SHHH-Everett Area Chapter
c/o Dave Pearson
8521 45th Drive NE
Marysville, WA 98270



Guests are always Welcome

Meeting: March 8th, 2003

Speakers: Larry Stephenson and Debbie Greer

Subject: Ototoxic Drugs—Do they affect your ears?

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Address Correction Requested