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Our e-newsletter provides a regular monthly service update and important practice information for our clients. We use our monthly newsletter update to keep you informed on how to access our services with information that we hope you find interesting and useful. We feel it is our duty of care to keep in touch with you in this way, if however, you no longer wish to receive these updates please click on the unsubscribe option at the bottom of this email.

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Dear Philip,

Welcome to the **Aston Hearing Newsletter** **September 2021**

Welcome to our first autumn newsletter. We hope you have enjoyed the summer months and are keeping well. The summer holidays have passed swiftly by and many of the Aston Hearing team are looking ahead to the new school term.

The Collet-Fenson family are celebrating the start of a new chapter for Luci as after great A-level results she has accepted her place at Bristol University for September 2022. It is incredible how time flies - a number of clients mention they remember the day Luci was born - nearly 19 years ago! We struggled to keep the branch open that

week with all the excitement - Luci's arrival was not only Duncan and Kate's first born but also a granddaughter for founder Sue Webster and Duncan's mother Lorna on reception too!

In our September issue we feature the following:

In this edition:

- Practice Update
- The relationship between hearing and balance
- Meniere's disease
- Community Events September 2021
- New Lip-reading courses starting up
- Your garden in September



Practice Update:

Team Update

We are delighted to announce some team developments at both practices. In Thame, our new audiologist Gus Singh, who joined us in July has really stepped up and helped us out with Covid isolation periods and some of our busiest times yet. We are excited to welcome more support for Paula and the Amersham team too, just this week Hollie Wicks joined the audiology team and Charlotte Scott is now fully qualified in clinical ear care and is already making a difference, helping us to offer more wax removal appointments in Amersham. We will introduce the team in more detail over the next few newsletters.

We are still very busy and struggling with appointments - everyone working long hours and weekends but we can't thank you all enough for your patience and understanding through a challenging summer. September is already looking better with more available appointments thanks to our new team members.

News for Early 2022 - New Premises in Thame

After 5 happy years we are excited to announce new plans for our Thame practice. We have, after many months of searching, found new larger premises, right in the heart of the town. We feel incredibly blessed to be moving to the former flower shop next to Waitrose. The new building will allow us to have more ground floor, accessible consulting rooms with lots of parking and space to help us to continue to provide first class hearing care for many, many more happy years in Thame.

There is a significant amount of building work to be undertaken but we hope to be up and running in the new building in early 2022. We will keep you posted on developments via our practice update.



Covid-19 update:

The Covid-19 virus is still very much around us, and current government advice is to remain cautious as the situation still presents a significant risk to health. It is also now clear that the Delta variant of the virus spreads fast and can infect fully vaccinated people.

In our practices therefore, we need to follow a stricter protocol than is advised for the general public. The consensus within the audiology profession (joint BAA, BSA, BSHAA and AIHPP guidelines) is that mask wearing is still important. We ask that you continue to wear a face mask when you visit and observe the steps we have taken in reception to minimise the number of people in the room at any one time. Our guidelines for arrival are posted on the front entrance of our reception areas. We also request that you continue to use the hand sanitiser on arrival. This will help us to keep you safe when you visit.

Remember:



HANDS – wash hands often

FACE – wear a face mask

SPACE – stay 1-2m apart from people wherever possible

FRESH AIR – open windows and keep rooms well ventilated



The Relationship Between **Hearing & Balance**

More often known for taking care of our hearing issues, audiologists also address dizziness and balance problems when related to the inner ear. The inner ear is where the cochlea (for hearing) and the vestibular system (for balance) are located. The inner ear delivers sound and movement messages to the brain via nerves.

Because of the shared location, sometimes hearing loss or infection in the inner ear can affect balance.

Balance is the body maintaining a stable position, whether we move quickly or slowly, a lot or a little bit, up or down, turn around or change direction and to not fall over whilst doing so.

How does the body maintain balance? The three main sensory systems that work together to deliver information to the brain are: our eyesight which delivers visual information to the brain; proprioception which is the input from our muscles, tendons and joints providing information of our body's position and movement; and the vestibular system of the inner ear which provides information of motion, head movements, and your

position in space. If the brain receives conflicting or unclear messages from any of these sensory inputs, it can result in disorientation and balance problems.

Balance/ Inner Ear problems

How can imbalance and dizziness present?

The way balance disorders present can vary enormously and can be hard for patients to describe. It can present as a feeling of light-headedness, like you may faint, or unsteadiness with the feeling that you are about to fall or stumbling and being clumsy and unsteady on your feet, or the sensation of the environment spinning around you (vertigo). Other symptoms include nausea and vomiting, tinnitus and of course hearing loss. You may experience one or more symptoms.

What are the potential causes?

One of the most common causes of dizziness is a problem in the inner ear such as an infection or inflammation, a buildup of fluid pressure or changes to blood circulation to the inner ear. More serious but less common causes are tumours, thyroid dysfunction, Neuronitis, Meniere's Disease or an allergy. It is important to visit a GP or audiologist if you notice any symptoms of imbalance or dizziness with or without hearing loss.



Vertigo is the sensation of the world spinning around you and can vary from barely noticeable to extremely debilitating preventing someone from living their normal life. Vertigo can last for anything from a few seconds, to hours or even days. Research shows 40% of adults over 40 years of age will experience vertigo at least once. It is

more common, the older you are. If you experience vertigo more than once, do visit your doctor.

Benign Paroxysmal Positional Vertigo (BPPV) - Is one of the most common causes of vertigo. It occurs when microscopic chalk crystals move from their usual position in the ear to the semi-circular canals of the inner ear causing vertigo. It is not a serious condition, although the sensation can be very unpleasant and debilitating. It usually lasts for short periods and it is often triggered by moving in certain ways. The Epley Manoeuvre is an exercise which can help relieve the symptoms of BPPV and is safe for the majority of people to do. It is however best to be shown how to perform the manoeuvre by a GP, Nurse or hearing professional.

Emergency conditions – If vertigo or dizziness presents alongside any of the following then call the emergency services immediately. It could indicate a serious condition such as a stroke.

- a severe headache,
- nausea or vomiting,
- double vision or loss of vision,
- a fever or very high temperature,
- loss of speech or arm or leg weakness,
- occurs after a head injury.





Meniere's Disease

Meniere's disease is an inner ear disorder that also affects balance and hearing. It is a chronic condition that can occur at any age but seems to be most prevalent in the 40-60 age group. Whilst there is no cure there are treatments that can help with the symptoms.

The exact cause of Meniere's disease is unknown but certain triggers have been identified which include:

- Stress
- Head trauma
- Infection of the middle or inner ear
- Fatigue
- Viral infection
- Prescription drugs
- Alcohol
- Smoking and respiratory infection

The symptoms commonly associated with the condition are sudden dizzy spells, muffled hearing or hearing loss, tinnitus and a feeling of 'fullness' or pressure in the ear. There is often no warning of the onset of the condition and episodes can last anywhere from 20 minutes to 4 hours. The best advice for a patient experiencing an episode is to lie down and rest or take a nap.

The disease can cause hearing loss, typically in the mid and low frequencies. This means low pitched sounds like men's voices may be harder to hear and an increased sensitivity may make high-pitched sounds become uncomfortable. It can be difficult to diagnose as many factors are involved and the attacks may vary in frequency.

Hearing aids may be of some benefit and in severe cases of hearing loss cochlear implants may be considered. The condition can often lead to increased anxiety or depression as the symptoms affect ones' ability to work, travel and have conversations with others. It is important

to seek professional help and advice as soon as possible to help live with the condition.

Community Events - September 2021



We are delighted to be the main sponsor again of Speen Festival - 28th August to 12th September 2021.

There is an incredible 2 week programme of events with fun for all the family in and around Speen - very Covid safe - another great community achievement. All the events can be booked via the Speen festival box office and in the final week there are still some great talks, Adult tap dancing, a Repair Barn and much more. The Festival finishes with the ever-popular Speen Dog show and The Comedy Night.

Speen Festival 2021 Box Office

With autumn well on its way and shorter days ahead, here is news about an event to cheer you up. Speen Helping Hospices are organising a "Wine Tasting Event on Friday 24th September. This is being presented by local wine suppliers Lloyd's Wines of Prestwood. Tickets are now on sale at £25 each to include 8 wine tastings and a cheese and charcuterie platter. For more information please visit the Speen Helping Hospices click the button below.

Speen Helping Hospices is a fundraiser for Rennie Grove, Florence Nightingale, South Bucks Hospice and Helen & Douglas House and has been raising funds for these hospices since 2001. It is run by a group from Speen and North Dean.

SPEEN HELPING HOSPICES
WINE TASTING
EVENT
FRIDAY 24TH SEPTEMBER
TICKETS £25
FROM WWW.SHH-SHOP.ORG



IN ASSOCIATION WITH

LLOD'S
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SPEEN
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MICHAEL
GRAHAM



New Lip-reading & Managing Your Hearing Loss courses for September

The Amersham Adult learning Centre has several new lip-reading classes on offer, together with a new course that includes a Managing Your Hearing Loss element. You can book yourself a place online or by phoning 01296 382403. These classes are informal, fun and incredibly useful at any stage of your hearing journey. Clients (and staff!) who have attended similar classes have often been surprised how much confidence it gives them for listening to conversations, especially in crowded situations with background noise to contend with.

We highly recommend people learn this life skill. Although we all lipread to some extent, without realising it, these

classes explain the mechanics behind speech and lip patterns and provide many practical tips for how to hear as well as you can in a given situation.

The classes are also a good social meeting place and you will find people of all ages who face similar hearing challenges to yours. It's always good to realise you are not the only one who might struggle to follow a conversation and lip-reading lessons may just give you the edge you need.

**Lip-Reading & Managing Your Hearing Loss
Course - [Click Here](#)**



September in the garden

Summer is almost over and Autumn is nearly upon us.

You may notice a freshness in the air and the morning dew as it glistens on the grass. You have to love a warm September day - there is nothing quite like it!

Jewel coloured plants are in abundance this time of year including Dahlia, Japanese Anemone, Hydrangea, Sedum and Rudbeckia all of which last until the first frosts.

Here are some handy tips to keep you busy this month.

1. Lift and divide perennials while the soil is still warm. Collect seeds from your favourite ones and save in a named envelope.
2. Carry on deadheading and watering your summer baskets and containers for continued flowering.
3. Plant spring bulbs such as Daffodil, Crocus, Snakeshead Fritillary and Hyacinth.

4. Give your hedges a good trim back to tidy up. The lawn also needs a little TLC, give it a rake over, aerate with a fork and cover bald patches with seed. Net ponds and water features before the leaves start to fall.
5. Harvest courgettes, runner beans, French beans, sweetcorn and onions, these can all make delicious chutneys.
6. Leave tomatoes on the plants but take off any foliage so that the fruit can ripen.
7. Pick apples and pears before they fall. If you have a glut of apples why not have them pressed into Juice, there's a great place in Longwick called Pasture Farm that does this service you can even have your own personalised labels put on them. Chiltern Ridge Orchard in Chartridge, Chesham offer the same service.



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