

## ***Here is what's new in our November 2017 Edition:***

**LayPerson's Guide: *Hearing Loss And The Holiday Blues*:** Holidays can be a difficult time for people with hearing loss. Many of us look forward to going to parties and getting together with extended family . Some enjoy the frenetic pace of family gatherings, shopping, cooking and travel. But for others, the holiday season brings a sense of isolation and loneliness. Those with hearing loss, especially, are at greater risk for the "holiday blues." This article provides useful information to help address this problem.

**Point of View: *Two Perspectives On The Decision To Move From Hearing Aids To Cochlear Implants*:** This article gives two perspectives on the decision to move from hearing aids to cochlear implants. One person describes the process as a positive life-changer while the other is at peace with their own deafness and wants to see more awareness given to educating hearing people about deaf and hard of hearing life.

**Guidance Articles: *Facts About Earwax*:** It's 8 p.m. and you are going through your bedtime routine. You wash your face, brush your hair, brush your teeth, and grab a cotton swab to clean out your ears. But wait—drop that cotton swab! Believe it or not, that earwax you feel obligated to obliterate actually has a purpose.

**Research: (1) *The Impact Of Treated Hearing Loss On Improving Quality Of Life*:** An effective human being is an effective communicator; optimized hearing is critical to effective communication. Modern hearing aids improve speech intelligibility and therefore communication. The benefits of hearing aids (audiologically defined as improved speech intelligibility) have been demonstrated in rigorous scientific research. It would seem that if one could improve speech intelligibility by correcting for impaired hearing, that one should observe improvements in the social, emotional, psychological and physical functioning of the person with the hearing loss.

**(2) *Untreated Hearing Loss Negatively Affects Quality Of Life:*** If you live with an untreated hearing loss, you may suffer from a series of negative impacts that can reduce your quality of life. This article outlines the issues.

***Advocacy: College, Hearing Loss And Self-Advocacy:*** Whether you are an incoming freshman or a seasoned upperclassman, it can sometimes be difficult to navigate college when you have a hearing loss. This article provides some of tips for starting the semester off strong as a deaf or hard of hearing college student.