

Oregon EHDI Newsletter

December 2012



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2012 Noisy Toy List

"All I Want for Christmas is" ...ear plugs?

The Sight and Hearing Association (SHA), a non-profit organization dedicated to identifying preventable loss of vision and hearing, has released their own annual list of noisy toys.

SHA reminds consumers that hearing loss is cumulative and it does not typically happen in one event; it gradually happens over time, and that is why it is important to protect hearing at a young age. Consider this: sounds measuring 85 dB (decibels) or louder can permanently damage your hearing. The louder the sound, the less time it takes to cause damage.

A sound measuring 85 dBA is safe for up to 8 hours.
A sound measuring at 100 dBA is only safe for 15 minutes.

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Some of this year's offenders by age:

Disney Pixar Toy Story Talking Figure Buzz Lightyear Produces 111 db

Recommended for age group: 3+ yrs

B. Woofer (Guitar) produces 106.5 dB

Recommended for age group: 2-6 yrs

Fisher-Price/Disney Baby Rockin' Tunes Dumbo produces 95.7 dB

Recommended for 6-36 months

Dora the Explorer/Dora's Desert Friends produces 108.2 dB

Recommended for ages 18 months+

Playskool/Lullaby Gloworm 89.9 dB

Recommended for babies from birth+

Baby's First Sing & Learn produces 86.3 dB

Recommended for babies from birth+

For more on noisy toys, how they were tested, and how to make them safer, see pages 5 and 6 for SHA's press release and table of toys.



Free Hearing Screenings in 2013

In Washington County, Florence, and More

EHDI's field nursing partners at Washington County Health Department continue to provide free hearing screenings for babies living in their county who did not receive a screening at birth. A screening clinic will be held the third Tuesday of every month. No appointment is necessary, but you must be a Washington County resident.

WHERE: Washington County Public Services Building (PSB)
Check in at WIC Office (First floor, back of the building, next to the railroad tracks)
155 N 1st Ave., Hillsboro, OR 97124

WHEN: 9:00-11:30 AM

DATES: January 15, February 19, March 19, April 16, May 21, June 18, July 16, August 20,
September 17, October 15, November 19, December 17

If you are interested in having your infant screened, but cannot attend a screening clinic, call Nena Newsome at 503-846-4872. She will try to make other arrangements for you.



BUT WAIT, THERE'S MORE!!!

Audiologist Todd Landsberg has partnered with EHDI to begin a free hearing screening clinic in Florence. The clinic will be held the first Saturday of each month during the first half of 2013. More clinics may be scheduled if there is sufficient demand, **so you must make an appointment by calling Dr. Landsberg at 541-266-4019.** This service is especially for infants who did not receive a hearing screening at birth, but Dr. Landsberg will screen children up to age 21 at no charge.

WHERE: Florence Early Childhood CARES, 2325 Oak St, Florence, OR 97439, in the far southwest corner of the Siuslaw Middle School parking lot. The building is clearly marked with "Head Start" on the left side and "Early Childhood Cares" on the right.

WHEN: 10 AM-1 PM

DATES: January 5, February 2, March 2, April 6, May 4, June 1

For information on other hearing screening contacts in Oregon, call EHDI at 1-888-917-HEAR (4327).

Why are hearing screenings especially important for infants and toddlers?

Here are the facts:

- Three out of every 1,000 babies born will have some degree of hearing loss. Another three out of 1,000 will acquire a hearing loss between birth and kindergarten.
- Hearing loss may result in delays in speech and language development, but early identification and intervention enhances your child's speech and language skills.

Secondhand Smoke Associated with Hearing Loss in Teens

Highlights from the Article from *Medscape Education Clinical Briefs*,

Anil K. Lalwani, MD Arch Otolaryngol Head Neck Surg. 2011; 137:665-662.

According to a study conducted by Anil K. Lalwani, MD, and colleagues with the New York University Langone Medical Center in New York, NY, secondhand smoke may result in a nearly two-fold increase in sensorineural hearing loss (SNHL) in adolescents, suggesting that monitoring for early hearing loss with periodic audiologic testing may be required in this population. Study findings were reported in the July 2011 issue of *Archives of Otolaryngology -- Head and Neck Surgery*.

Approximately 60 percent of U.S. children are exposed to SHS. Prenatal or childhood SHS exposure has been linked to low birth weight, respiratory tract infections, behavioral problems, otitis media (ear infections) and various other health conditions. It has also been suggested, but not previously studied, that SHS may affect auditory development, potentially causing a permanent SNHL.

Dr. Lalwani's study consisted of 1533 participants, 12 to 19 years old, who were not actively smoking and who had a physical examination, hearing testing, and serum cotinine levels. Cotinine is the major metabolite (breakdown product) of nicotine. The serum cotinine levels are used to track exposure to tobacco smoke and its toxic constituents.

According to the researchers, there is a direct relationship between the prevalence of SNHL and SHS exposure. They found:

- 1) Increased high frequency hearing loss at 2, 3, and 4 kHz (kHz = 1000 Hertz.) Hertz is a term used to describe frequency or tone. It is also known as cycles per second and is abbreviated as Hz. Human hearing is sensitive to frequencies or tones ranging from 20 to 20,000 Hertz, or 20Hz to 20kHz.
- 2) A greater rate of unilateral (one ear) low-frequency SNHL
- 3) Increased risk for unilateral low frequency SNHL

Additionally, nearly 82 percent of the adolescents in the study who had SNHL did not realize they had impaired hearing.

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Thank you to Legacy Pediatric Audiologist Denise Kossover-Wechter for directing EHDI to this information. To read the full text of this *Medscape* article, log on to www.medscape.com, register for free, then search for "Secondhand Smoke and Teen Hearing Loss".

Contact Oregon EHDI

EHDI Program Questions: 1-888-917-HEAR (4327)

EHDI Website: Type healthoregon.org/ehdi in your browser's address bar.

Submit newsletter contributions to julie.a.hass@state.or.us

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