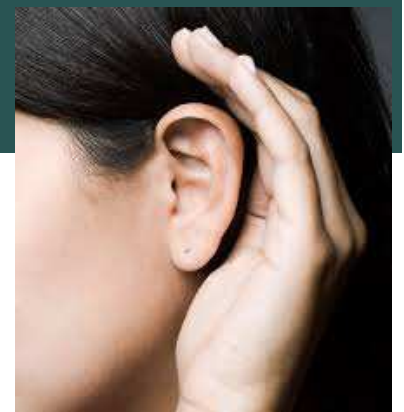


The e-bulletin is a monthly service provided by **CEDARS – Jebel Ali International Hospital** in order to raise awareness for various health issues.

How's your Hearing?? Ask your Audiologist



Hearing loss is not just an ailment of old age. It can strike at any time at any age, even childhood. For the young, even a mild or moderate case of hearing loss could bring difficulty learning, developing speech and building the important interpersonal skills necessary to foster self-esteem and succeed in school and life.



Audiologists are Health care professionals who administer and conduct hearing screening programs; evaluate and treat hearing loss, balance, and related disorders; recommend and provide appropriate technology, including hearing aids and hearing assistive devices and systems; and provide audio-logical rehabilitation for adults and children.

Audiologists use specialized equipment to obtain accurate results about hearing loss. These tests are typically conducted in sound-treated rooms with calibrated equipments. Hearing evaluation includes detailed assessment of hearing. Differential diagnosis can be done based on the results.



Types and Causes of Hearing Loss

In general terms, there are two types of hearing loss, **conductive** and **sensorineural**. A combination of both is also seen as a **Mixed hearing loss**.

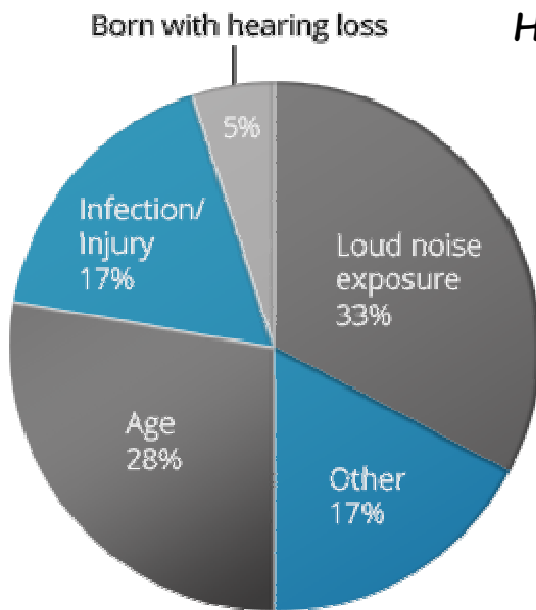


1. Conductive hearing loss - occurs when there is a problem conducting sound waves anywhere along the route through the outer ear, tympanic membrane (eardrum), or middle ear (ossicles). This type of hearing loss may occur in conjunction with sensorineural hearing loss.

2. Sensorineural hearing loss (SNHL) - a type of hearing loss, or deafness, in which the root cause lies in the inner ear or sensory organ (cochlea and associated structures) or the vestibulocochlear nerve (cranial nerve VIII) or neural part.

3. Mixed hearing loss - There may be damage in the outer or middle ear and in the inner ear (cochlea) or auditory nerve. When this occurs, the hearing loss is referred to as a Mixed hearing loss.

Causes of Hearing Loss



Here are some Warning Signs of Hearing

Your newborn might be at risk for delayed onset hearing loss if any of the following applies to your baby.

- You or another caregiver has concerns.
- Family history of congenital hearing loss.
- Neonatal intensive care stay with ECMO therapy.
- Chemotherapy.
- Some infections that occur before and after birth (including CMV, bacterial, and viral meningitis).
- Some disorders that affect the baby's nervous system.

If one or more apply to your newborn, make an appointment with your child's physician or an audiologist.

IMPORTANCE OF EARLY IDENTIFICATION

Babies start learning the language they hear from birth (even before birth) by listening to voices and sound around them. The critical period of language acquisition is from birth to early childhood. So it is very important to find out whether the child is facing any sort of hearing difficulties. ***Early identification will provide the opportunity for improved outcomes for children with hearing loss.***



Make sure your Newborn's hearing is screened before leaving the hospital.

Why to Screen Newborns?

All newborns should be screened for hearing loss. Newborn hearing screenings are extremely important. When newborns have hearing loss and are diagnosed early, effective intervention is available to help them achieve normal or nearly normal speech, language, and hearing milestones.

What is Tinnitus?



Tinnitus or ringing in the ears, is the sensation of hearing ringing, buzzing, hissing, chirping, whistling, or other sounds. The noise can be intermittent or continuous, and can vary in loudness. It is often worse when background noise is low, so you may be most aware of it at night when you're trying to fall asleep in a quiet room. In rare cases, the sound beats in sync with your heart (pulsatile tinnitus).

What is the role of an Audiologist?

The first thing is the evaluation. An audiologist measures and identifies hearing loss and works out programs of rehabilitation. Providing comprehensive audiometric testing as well as tinnitus testing is important so that patients may have a firm picture of the extent of their tinnitus impact. The audiologist will also provide a patient with education, in order to alleviate the fear and anxiety, allowing them to understand that they do not have to just learn to live with it.



Medical Consultants for July 2016



Aswathi Suresh
Audiologist

Ms. Aswathi Suresh is a post graduate in Audiology from All India Institute Of Speech and Hearing with more than 2 years of experience as an Audiologist where she had worked in several speech and hearing institutes and Hospitals in India.

Her experience includes working with effective skills in evaluation, diagnosis, and treatment of inpatient and outpatient adults and/or children with hearing impairments and variety of communication disorders.

Her areas of expertise are diagnostic audiology and hearing aid trial.

For an appointment with Ms. Aswathi Suresh, Audiologist, please call 04 881 4000 or visit www.cedars-jaih.com to book your appointment online.

About CEDARS - Jebel Ali International Hospital

Established in 1999, CEDARS – Jebel Ali International Hospital is a full-fledged multi-specialty hospital offering services ranging from Pediatrics to Occupational Health, Laparoscopic Surgery to Internal Medicine. The Hospital is equipped with ICU for medical and surgical emergencies, with two major and one minor operation theatres as well as with fully equipped Laboratory and Radiology departments.

The CEDARS Training Center is a registered training provider with qualified and dedicated instructors offering a wide range of courses for both individuals and companies. The training center is committed to improving health and safety at home, at any public place or in the workplace providing classes in Basic First Aid and Basic Life Support through an alignment with the American Hospital Dubai, an American Heart Association (AHA) International Training Center.

Further attached to the hospital are the 24-hour-pharmacy, the CEDARS Clinic and Dr. Adnan Kaddaha Clinic, opening soon in Dubai Motor City. Projects to expand the hospital structure and add more services that enable CEDARS Jebel Ali International Hospital to become a comprehensive healthcare provider are under way.