# HEARTO-LEART

- Inspiration Lane
- Care & Maintain
- Cochlear Connect

Exclusive newsletter for Cochlear™ Nucleus® Recipients

# be More

and realise your full potential



Cochlear<sup>®</sup>







- Water protection rating of IP68
- Compatible with CP900 and CP800 series sound processor\*

www.cochlear.com
or speak to your clinician

\* With rechargeable batteries for CP910 & disposable batteries for CP950

## Do More, with every step

Dear Cochlear Family Members,

In the present day and age, the world offers limitless possibilities to every child to explore every hidden talent he/she has. "Education" is no longer limited to simply going to school and earning a degree. True learning takes place through many different experiences. Children today have an opportunity to develop their skills in various activities like music, sports, art and photography, in addition to their studies.

Today, more than ever before, your child has an opportunity to be more!

But this is easier said than done for our recipients. As most of them need to concentrate harder than their classmates during school/college hours, they may often become too tired to capitalise on all the other opportunities. There should be nothing holding them back as they explore this world and all its wonderful opportunities.

In this issue, we elaborate on how your child can 'be More' when you focus on the total development of his/her brain. We share with you the stories of two of our recipients - Deepali Sharma and Bhavana Reddy whose parents provided them the opportunity to explore all their talents through all-round learning. They have succeeded in making a mark upon their respective streams and are a source of inspiration for the entire Cochlear Family! These SuperHEAROes truly embody the the mantra of 'be More'.

During the humid days of the monsoon, it is important that your child is well equipped with proper protection for her/his processor. In this issue, we touch upon that aspect as well. We also have in store a couple of fun activities that your child can indulge in.

We hope you enjoy reading this as much as we loved putting it together for you.

Let us discover more, every step of the way!

Team Cochlear

## Content







**Cohlear Connect**Know what Cochlear Family members have to say on social media



**Care & Maintain**Protect your sound processor during the monsoons







**Fun Corner**Interesting activities for our young recipients

# The Four Mantras of Success

## Our HEAROes share the secrets of their success

As part of our celebration of hearing **(8<sup>th</sup> Issue)**, we introduced the 4 mantras our HEAROes believe in. We elaborated on the first of them in our last issue. And here they are once again, just to jog your memories. As they say, chanting a mantra regularly helps us focus on its positive impact. So, chant and understand the mantra, be More!





Being cool is all about being confident, smart and friendly. In the last issue, we explored this concept through the inspiring story of Bhagyashree Mohan, one of our **SuperHEAROes**. She told us how the Kanso sound processor helps her **be cool**.



It is all about developing the capability to do more and achieve more by pushing the boundaries of your capabilities.

**In this issue,** we will explore this more and interact with two of our multi-talented recipients.







Being free is all about doing what makes you happy, about living free, without any limitation.

So how is Cochlear trying to make sure your life is constraint-free? As promised, we will provide answers in the **11**<sup>th</sup> **Issue**, be sure to read on and find out.



Each recipient is a member of the Cochlear Family, which has more than 4,50,000 members! And just like any family, we always support each other.

In the **12**<sup>th</sup> **Issue**, we will reveal how the Cochlear family has ensured that our HEARoes have received continuous support on their way to success.



## Be Wore Do, Experience & Learn More



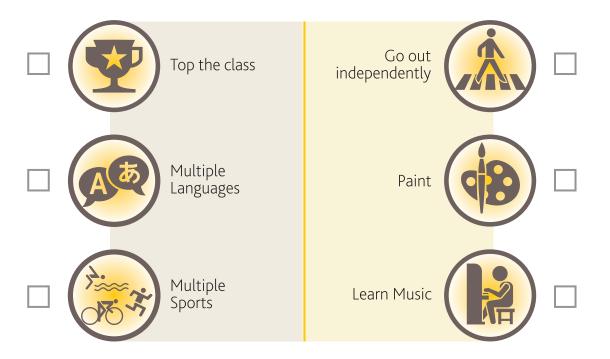


### **Growing Importance of All-round Development**

Limitless opportunities have opened up for young Indians in this highly connected world. Parents have realized that "Education" is not limited to going to school and getting a degree anymore. All-round development of a child (mental, physical, emotional and intellectual) is more important.

Educators agree that this can happen through true learning. Children must be encouraged to develop their skills in activities like music, sports, art, photography, robotics etc. in addition to academics.

#### Which of the following would you like the child to be able to do? (Tick the boxes for the desired activities)

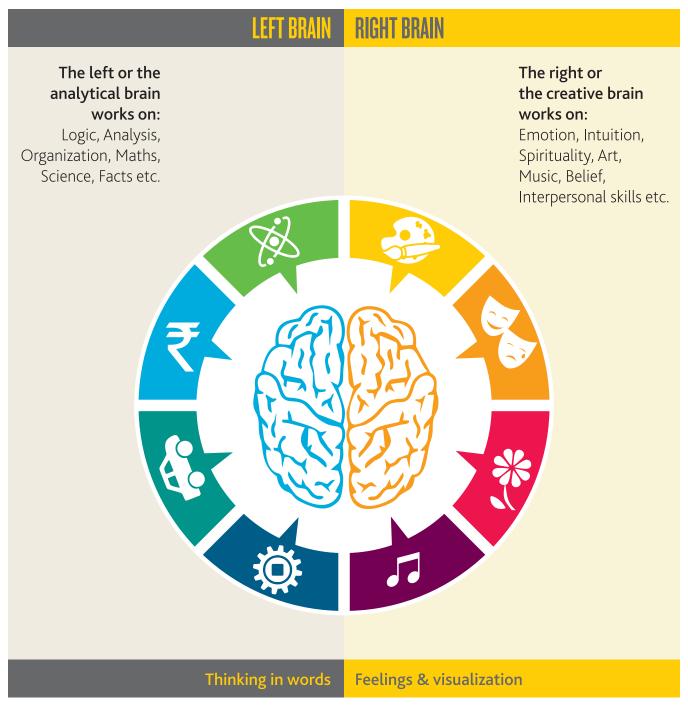


Most likely, you want to tick all the boxes.

### All-round learning: two halves of our brain?

Have you ever thought how true learning takes place?	Scientifically speaking, all our learning
takes place in our (a)	
Did you know, our brain is divided into (b)	– Left & Right? Yes. As per Nobel Prize
winning psycho-biologist Roger W. Sperry, a human br	ain is split into two halves.

### Let us take a look at how this works:



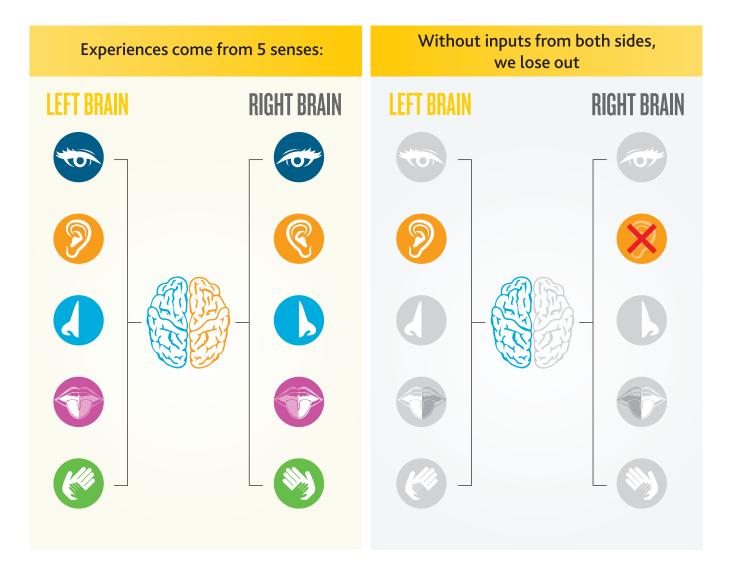
## **Be More** How does the brain learn?

Now that you know the left-brain / right-brain theory, you would have realised that all-round learning can happen when both parts of the brain are given sufficient input signals.

So, now the question is how the brain gets input, or in other words, how the brain learns? It learns through (c)\_\_\_\_\_. We learn by doing things – and that's what is called experience. And how do we experience? We experience through our 5 senses – which are (d) \_\_\_\_\_\_, \_\_\_\_, \_\_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ .

Like our brain has two halves, have you ever noticed that all our sense organs also come in a left-right pair? Hence, we feel, getting experiences through a pair of the sense organs give our brain a much fuller learning about the things that we do or the environments that we are in.

With input from only one side, learning for all-round development may not be easy



(c) experiences (d) hearing, sight, smell, taste and touch

## Do you / your child (implanted with a Cochlear device in one ear) find it difficult to learn many things and remain energetic through the day?

If yes, then it might be because of



Straining to hear in a noisy classroom



Finding it difficult to grasp multiple subjects/instructions



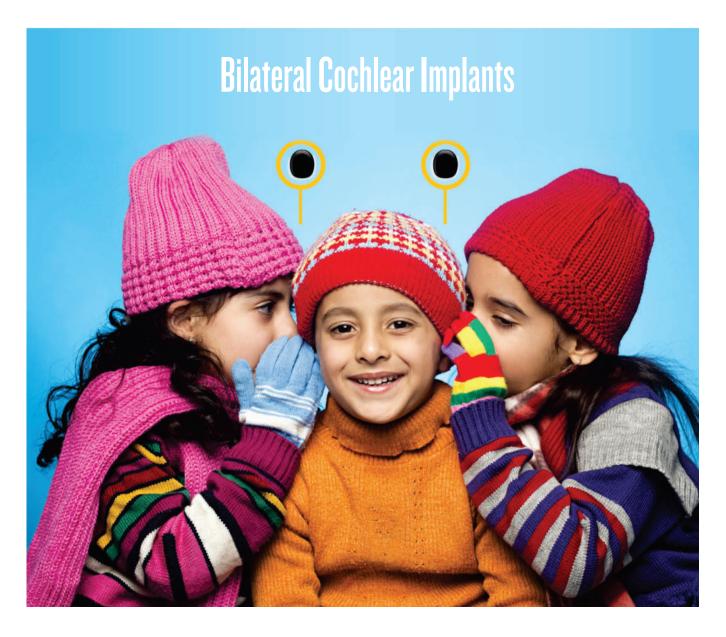
Trying hard to participate in a group conversation



Being stressed due to difficulty locating sound while playing football or crossing the road

But hey, don't worry. Things can get much easier if we can provide a fuller hearing experience to our brain. How can that be possible?

Turn the page to discover what makes all-round learning much easier for our children.



Yes, getting the 2<sup>nd</sup> ear implanted is more likely to provide a fuller hearing experience.

As the child starts hearing clearer in difficult situations with comparative ease, he/she gets less tired. Thus, he/she is able to do more and learn more everyday to eventually, be More!

## Fuller sound > Easier listening > Less load on brain\*





#### Less load on brain

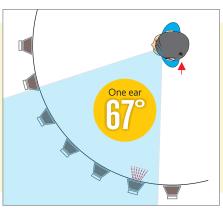
- > More willingness to learn
- > All-round development

There are other benefits of having a cochlear implant on both ears too.

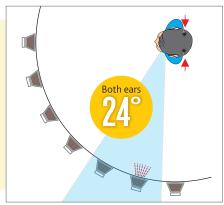
#### Localisation: What is it?

The most significant benefit from using bilateral implants is increased localisation of sound. This means, your child has a much better idea of the direction of sound than ever before.

A study done by C. A. Verschuur et. al. in 2005 by providing sound from 11 loudspeakers to recipients with implants in a single ear (unilateral) and in both ears (bilateral).



Accuracy of sound localisation with single ear



Accuracy of sound localisation with both ears

#### What "more" can we do with bilateral hearing?

Write down the activities that will become much easier if you are / your child is able to hear with both ears –



#### Cross roads easily

(being able to hear with both ears may help in identifying the distance of a car and the speed at which it is approaching)



#### Travel

(Experiencing different cultures can be tiring and being able to hear with both ears may help with that)



#### Play team sports

(with both ears implanted, it might be easier to enjoy team sports by communicating easily with your teammates)



### Indulge in easy conversation

(smart, witty replies and easy smooth flowing conversations are essential in everyone's life)



#### Enjoy and play music

(with bilateral implants, it may become easier to enjoy music)

6	6		
7	7)	 	

#### FAQs on bilateral Cochlear Implants:

- Q. Does bilateral implant mean I have to undergo surgery in the non-implanted ear?
- A: Yes.
- Q. I am using a hearing aid in the non-implanted ear. Do I need to get the 2<sup>nd</sup> ear implanted?
- **A:** Please consult your clinician. If you have severe to profound hearing loss in the non-implanted ear too and you are not getting any significant benefit from a Hearing Aid, then your clinician will be able to advise you if being implanted in the 2<sup>nd</sup> ear is the right solution for you.
- Q. I have received a Cochlear<sup>™</sup> implant in one ear a few months ago. How long should I wait to get the 2<sup>nd</sup> ear implanted?
- **A:** The benefits of early intervention applies to the 2<sup>nd</sup> ear as well. The later the 2<sup>nd</sup> ear is implanted the lesser are the chances of getting the expected benefits from it.<sup>1</sup>
- Q. Why is it important to get the  $2^{nd}$  ear implanted as early as possible?
- **A:** As per several studies, the benefits of bilateral implantation are clearest in children with shorter gap between implantations. Overall, people using bilateral implant are able to hear speech in more difficult listening situations with better accuracy. However, children with long gaps between two implants seem to retain a dominant ear (the ear implanted first), which restricts benefits of bilateral hearing in some listening conditions. <sup>2,3,4</sup>
- Q. Do I have to undergo the rapy again if I get the  $2^{nd}$  ear implanted?
- **A:** Yes. It is very important to undergo proper therapy after getting the 2<sup>nd</sup> ear implanted. This is especially required to reduce the over-dependence on the 1<sup>st</sup> ear.
- Q. We have heard of new technologies that are going to make a cochlear implant completely invisible. Shouldn't we save the 2<sup>nd</sup> earforthat?
- **A:** Currently these technologies are not commercially available. If you are considering getting the 2<sup>nd</sup> ear implanted, you should consult your clinician as early intervention is important to achieve your best hearing outcome even in the 2<sup>nd</sup> ear. <sup>2,3,4</sup>

If you have any further question about bilateral implants, please feel free to talk to your clinician or contact us.

<sup>1</sup> Sharma A, et al. The influence of a sensitive period on central auditory development in children with unilateral and bilateral cochlear implants.

Articlein Hearing Research 203(1-2):134-43 · June 2005

<sup>2</sup> Litovsky RY, Johnstone PM, Godar SP. Benefits of bilateral cochlear implants and/or hearing aids in children. Int J Audiol2006;45 Suppl:78-91

<sup>3</sup> Gordon KA, Papsin BC. Benefits of short interimplant delays in children receiving bilateral cochlear implants. Otol Neurotol. 2009;30(3):319-331

<sup>4</sup> Tinne Boons, et al Effect of Pediatric Bilateral Cochlear Implantation on Language Development. Arch Pediatr Adolesc Med. 2012;166(1):28-34

## The Inspiration Lane - I

## The story of a talented young SuperHEARo and her father, who refused to give up

It is often said that if you set out your heart and soul into something and give your best, nothing is impossible. The story of young Deepali Sharma from Jaipur and her family is a living example of that. Deepali has overcome all odds to become an internationally acclaimed painter, with the continuous support of her family.



Name:

Deepali Sharma

Age:

28 years

Bilateral CI:

1st ear at 18 years of age

2<sup>nd</sup> ear at 27 years of age

Sound Processors:

1st ear: Upgraded to Nucleus® 6 from Freedom®

2<sup>nd</sup> ear: Kanso®

Profession / Achievement:

Internationally acclaimed professional painter

(See the box at the end of this article for more details)

We had a heart to heart conversation with her proud father, **Mr. Surendra Sharma** and this is what he had to say:

## Q: When did you first notice your daughter's talent in painting?

Mr. Sharma: At the young age of 6, Deepali had decorated our almirah beautifully with oil paintings. That was the first time she displayed her talent. But we did not take much notice until she joined a painting class during the holidays after her 12<sup>th</sup> board exams. Her teacher noticed her talent immediately. And when I asked her, she confessed that she had always loved it but had kept it to herself.

### Q: What made you support your daughter in her studies in Visual Arts?

**Mr. Sharma:** I wanted Deepali to do what she is passionate about and become successful at it.



Deepali with her father and sister Chhavi

She has always been very hardworking and I knew she could do it. She ended up ranking 2<sup>nd</sup> in her University.

## Q: What were some of the challenges she faced academically and otherwise, growing up?

**Mr. Sharma:** Till 12<sup>th</sup>, Deepali had been studying in a Hindi medium school. Suddenly, after 12<sup>th</sup>, she had to switch to English. This was a huge challenge. But throughout school, she has been dedicated – she used to study every day. This attitude helped during college as well.

"Once she got her first Cochlear™ implant and then, bilaterals, her confidence grew a lot!"

## Q: Tell us about your journey - when did you notice Deepali's hearing loss and what did you do then?

Mr. Sharma: Initially, during the first year after her birth, we had no idea. Her grandfather noticed it first when she did not respond to sounds. So, we had many tests done, first in Jaipur and then in New Delhi and she was diagnosed with hearing loss. We got her hearing aids in 1992. For our family, it was tough, coming to terms with this. But then we dedicated ourselves to solving this issue and by God's grace, we have been able to come out successfully!

## Q: What keeps you and your daughter going, in the face of such huge odds?

Mr. Sharma: Although she got her first implant quite late (at the age of 18+ years), after tackling financial and social hurdles, we worked extremely hard to achieve results, inspite of all the little social isolation we sometimes faced. I believe if the recipient and her family support each other and work hard, anything can be achieved. I focus on today and have faith, that keeps me going. Look, now my daughter is successful.



Deepali at her exhibition at Lokyata Art Gallery, New Delhi, 2017

"Now I am known as Deepali Sharma's father, and that makes me very proud!"

### Q: What made you go for a bilateral implant?

Mr. Sharma: I observed Deepali's outcome with her first implant and realized she would do even better with implants in both ears. I wanted to go for bilateral implants immediately afterwards but I had to arrange for finances and that took some time.

## Q: What has been the change in Deepali after the bilateral implants?

**Mr. Sharma:** Deepali has become a confident, outgoing individual after bilateral implants. She can now easily identify the direction and source of sound and participate in conversations.

"Deepali does not feel shy at all anymore and easily engages with people."

### Q: How has your experience been in terms of the support you have received from the rest of the Cochlear Family?

Mr. Sharma: I have received some excellent advice from the families of other recipients. I still remember, one lady I spoke to advised me to not waste a single day in getting Deepali a Cochlear implant.

## Q: How has your experience been with the Kanso processor?

Mr. Sharma: Deepali is very happy with the Kanso. It suits her style, there are no wires and it is almost invisible. There is no need to charge the Kanso and thus, is very convenient as well as easy to handle. It is, as I say, "cosmetically better" than any other sound processor.

Q: Deepali's story will be a great inspiration for our recipients across the country. Is there any message you would like to give to our recipients across the country?

Mr. Sharma: I just wish to tell all parents that if a recipient and her family are dedicated and hardworking, anything is achievable. One should never doubt, have faith that everything will work out fine.

"Parents should get their children implanted early and preferably in both ears."

A few of Deepali's breathtaking paintings











### A few of Deepali's many achievements:

- Silver Medallist in Masters of Visual Arts (Painting) from IIS University, Jaipur in 2015
- Was awarded the Yuva Ratna by the Rajasthan Jan Manch in 2016

#### Painting exhibitions:

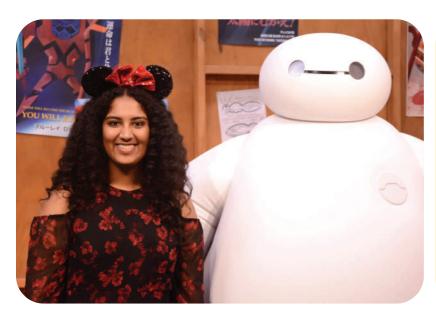
- Solo exhibition at Jawahar Kala Kendra, Jaipur in 2014 and 2016
- Two of her paintings were exhibited at the Hague, Netherlands in August 2017 by World Art
- Exhibition at the 83rd All Indian exhibition of Fine Arts, Amritsar, 2017
- Solo exhibition at the Lokayata Art Gallery, Hauz Khas, New Delhi, 2017



## The Inspiration Lane - II

## The story of a highly accomplished SuperHEARo, Bhavana Reddy

Our recipients inspire us continuously with their incredible stories of determination. One such story is that of the very talented Bhavana Reddy from Hyderabad. A confident, smart young lady, she has overcome several challenges in life and has emerged victorious.



Name:

Bhavana Reddy

Age:

24 years

Bilateral CI:

Both ears in 2017

Sound Processors:

Kanso® (in both ears)

Graduated from:

Masters in Computer Science, Indiana State University, USA

We had a heart-to-heart conversation with Bhavana and her proud mother, Hymavati.

After being diagnosed with profound hearing loss, Bhavana's journey started when she started using hearing aids at the age of three.

"Like any other person, I too wanted to have a normal hearing." says Bhavana. "While I was using hearing aids, I never realized that I was actually lip-reading. I would always sit on the front bench in class."

Bhavana did very well at school and then took admission with the Indiana State University in the field of Computer Science. However, she started experiencing more hearing loss which deteriorated further as college progressed. At the advice of her clinician, Bhavana decided to go for Cochlear implants in both ears simultaneously.

So what prompted this decision of hers?

Bhavana replies, "I came to know that with an implant in only one ear, my hearing will improve on that side but the other will remain as it is! Based on that, I decided to get both my ears implanted and informed my parents regarding the same."

She underwent her bilateral implant surgery in 2017. Her recovery was smooth. Within a week of her 'switch on', Bhavana started understanding sounds, and now, she can hear without lip reading.





"With the Kanso on both sides, I can hear conversations much more clearly." She says.

"She is doing awesome now..." beams her satisfied mother. Bhavana has always been a fighter, she says. "In school, she faced a lot of challenges while interacting with peers...but she never gave up."

True to her determined nature, Bhavana has recently graduated with flying colours.

According to her audiologist, with the combination of bilateral hearing and the Cochlear True Wireless™ accessories, her hearing capabilities changed completely within just two months.

"I have learnt words which I never knew while I was using hearing aids." Says Bhavana. "Earlier, I could not even hear the sound of the bell in my house. Now, I can easily hear sounds outside like birds chirping, traffic on the road etc."

Always a keen student and learner, she has recently started expanding her skills by taking on music lessons.

"It is really interesting how every word is pronounced in music," she says, "I do not need subtitles any more. I can hear dialogues in movie theatres very clearly now."

"The quality of sound is very clear and I am really happy."

She has also started driving two and four-wheeler vehicles. She is truly capable of taking on the world.

Her mother adds, "After the surgery, I did not feel the need to repeat words any longer.

I felt really blessed. Two days after the mapping, she came to me and said 'Mom, I did not know I could hear the sound of footsteps while walking.' That was a very emotional moment for me!"

We wish Bhavana all the best for her job search in the USA. More power to you, Bhavana!





Bhavana with her proud mother, Hymavati



## Cochlear™ StayNew Plan\*

Exchange your old processor to stay new

18 year-old Lakshya is passionate about football and cricket and follows both sports regularly. He is also a big support system for his parents and the other young children in his joint family. His parents wanted him to stay ahead in life and chose to upgrade to the smarter<sup>1</sup> and simpler<sup>2</sup> Kanso in 2016.



#### To know more talk to your clinician or talk to us on 022-61121140

- 1. Smarter: SmartSound® iQ with SCAN technologies help Kanso to automatically adapt to changes in hearing situations for a better hearing experience. Freedom has manual program selection.
- 2. Simpler: Kanso is a single unit sound processor with only one On/Off button. Freedom has multiple parts and buttons for control.
- 3. Return your less than 5 year old sound processor and get this amount deducted from the price of the new sound processor.

## **Cochlear Connect**

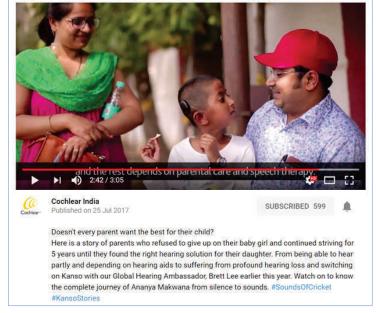
## Take a look at the popular updates about inspiring Cochlear family members on social media

At Cochlear, we are all part of a big family, and every member of the family inspires and supports each other. As your child grows older and interacts with more people and situations, she/he achieves several milestones worth sharing.

Here is one such story:



Our talented recipients have shared their achievements and their Cochlear experience on Facebook as well as YouTube.



Find the entire story here: www.youtube.com/watch?v=VToIPDgLhyc You can watch the other stories on: www.youtube.com/user/CochlearIND

Do follow us on Facebook and like the link: http://www.facebook.com/CochlearIndia and share your valuable feedback to keep our learning going.

## Care & Maintain

## Simply follow these monsoon care tips to keep your sound processor working perfectly

The monsoon is the most awaited season in India. While it brings much needed relief from the sweltering summer heat, it also brings the risk of disease and infection with it. Parents therefore, are extra careful during the rains, taking precautions such as keeping their children dry, not letting them stay out in the rain for long etc.

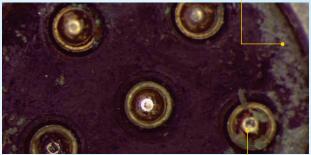
Your sound processor too, needs a little extra care during the rains, due to the high moisture levels which may damage the device. With a few simple steps, you can avoid all such risks.

The following images show how moisture can harm your sound processor, if not taken care of properly:

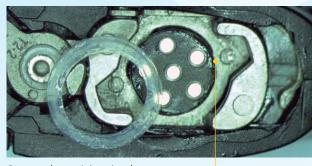


Moisture and dust accumulation on coil

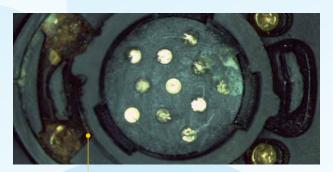
Result of long-term deposition of moisture and dust



Corroded battery connector due to excess moisture deposition



Sweat deposition in the battery connector



Freedom™ BTE (Behind The Ear)

controller screws corroded
due to excess moisture deposition

Here are a few tips that will help you take

of your sound processor during the

monsoons





Wrap a soft cotton scarf around the ears (with the sound processor on), and the head of your child before covering it with a raincoat.

Avoid silk scarves.

Keep wiping your sound processor with a soft dry cotton cloth every one hour throughout the day.





If the sound processor gets wet due to a mild spray of rain, place it inside the Dry & Store® kit after wiping it dry.
Also keep the sound processor inside the kit 2-3 times daily.

Check daily if the Dry-Brik® needs to be replaced as it absorbs more moisture during the monsoon.





Make the sound processor wear Nucleus® Aqua+ for complete waterproof protection. Your child can enjoy a game of football with his/her friends in the rain.\*



### The Cochlear<sup>™</sup> Nucleus<sup>®</sup> **Kanso**<sup>®</sup> Sound Processor is...

The world's only off-the-ear sound processor to feature

In a recent clinical trial, recipients experienced a



percentage point improvement using dual microphones, giving a significantly better performance in noise compared with a single microphone<sup>2</sup>





A study has shown



improvement in hearing performance in noisy environments using the Cochlear Wireless Mini Microphone





In a clinical trial,

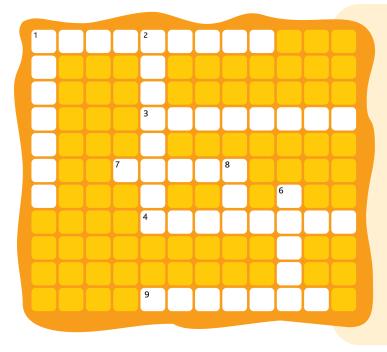


of recipients rated the **comfort** of Kanso to be better than their behind-the-ear sound processor

To learn more about the joy that the Nucleus Kanso Sound Processor can bring, visit www.cochlear.com

- 1. Cochlear Limited. FUN2428 Sound Processor Comparison Guide. 2017, Jan; Data on file.
- Auger SJ, Jones M, Nel E, Del Dot J. Clinical outcomes with the Kanso off-the-ear cochlear implant sound processor. Int J Audiol. Published online 09 Jan 2017 (DOI:10.1080/14992027.2016.1265156) Jones M. Use of Cochlear Wireless Accessories with Nucleus 6 Sound Processors. 2015. CLTD 5546. Internal clinical trial data. [Sponsored by Cochlear].
- Cochlear Limited. D1190805. Sound Processor size comparison. 2017, Mar; Data on file

Crossword: Answer the simple questions and fill in the crossword below:



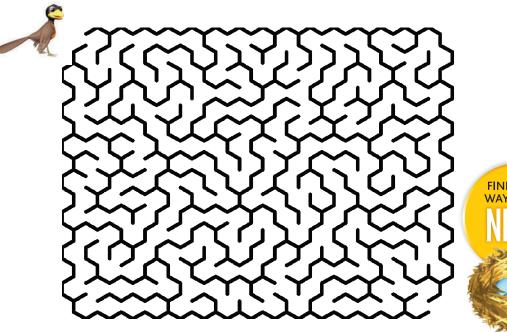
#### Across:

- 1. State that receives the highest amount of rainfall every year in India
- **3.** When rain mixes with pollution, we get \_\_\_\_\_
- **4.** In the mountains, instead of rainfall, you get \_\_\_\_\_
- 7. When there is too much rainfall, there can be a \_\_\_\_\_
- **9.** The multi coloured band in the sky after rains get over is called a \_\_\_\_\_

#### Down:

- 1. Cochlear accessory that helps you hear better in class and in a noisy room
- 2. Which Cochlear Accessory protects your sound processor from rain
- **6.** The small, smart new sound processor!
- 8. Small drops of water that form on grass over night are called \_\_\_\_\_

Help the mother Robin get to her nest:





## Hear now. And always

As the global leader in implantable hearing solutions, Cochlear is dedicated to bringing the gift of sound to people with moderate to profound hearing loss. We have helped over 4,50,000 people of all ages live full and active lives by reconnecting them with family, friends and community.

We aim to give our recipients the best lifelong hearing experience and access innovative future technologies. For our professional partners, we offer the industry's largest clinical, research and support networks.

That's why more people choose Cochlear than any other hearing implant company.

Views expressed by Cochlear recipients and hearing health providers are those of the individual. Please seek advice from your medical practitioner or health professional about treatments for hearing loss. They will be able to advise on a suitable solution for the hearing loss condition. Outcomes and results may vary. All products should be used only as directed by your medical practitioner or health professional. Not all products are available in all countries. Please contact your local Cochlear representative.

The Nucleus 6 Sound Processor with Aqua+ and Aqua+ Coil is water resistant to level IP68 of the International Standard IEC60529 when you use a Cochlear Standard Rechargeable Battery Module or Cochlear Compact Rechargeable Battery Module. Refer to the relevant User Guide for more information.

The Kanso Sound Processor with Aqua+ is water resistant to level IP68 of the International Standard IEC60529 when used with LR44 alkaline or nickel metal hydride disposable batteries. Refer to the relevant User Guide for more information.

#### Cochlear Medical Device Company India Pvt. Ltd.

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