

ISSUE 9 May 2018

HEART **TO** HEART

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Exclusive newsletter for Cochlear™ Nucleus® Recipients


be Cool

and make the most of the
summer vacation



Hear now. And always





"It is so small, so hidden,
I feel normal like
everyone else!"

Greeshma Kumar, Coimbatore
Upgraded to Kanso® in March 2017

Discover the cooler way of hearing!



Introducing Kanso®, the sound processor from Cochlear that stays hidden to let you discover a cooler, smarter you!

The **SmartSound® iQ** and dual microphones provide crisp, clear hearing in every situation.

Log on to www.cochlear.com/in/kanso or talk to your clinician for more details.

Tune in to the Sounds of Summer:

Dear Cochlear Family Members,

"The times, they are a changin'!" said the legendary singer, Bob Dylan.

Children now, more than ever, are conscious of how they come across to the world. As your child grows older and takes on bigger challenges in life such as high school, college etc. – he/she has to interact with more people and face many complex situations. There should be nothing stopping her/him from participating fully in these occasions.

In this edition of Heart To Heart, we elaborate upon the first of the four mantras we introduced in the last issue. We move on to "being cool" and what exactly it means for a Cochlear recipient! We explore the challenges that recipients face daily in school, at home and otherwise, and how they can overcome these hurdles equipped with the right technology.

To elaborate on our discussion, we bring to you the inspiring story of a young SuperHEARO – Bhagyashree Mohan. Bursting with talent, she has done brilliantly in school and extra-curricular activities. With her timely action and continuous support, Bhagyashree's mother is an inspirational figure for our entire Cochlear family.

The summer vacation is ideal for preparing oneself to face new challenges. It is perfect time to make a statement and be cool!

We hope you enjoy reading this issue as much as we enjoyed putting it together for you! Do let us know what you think at **CINcustomerservice@cochlear.com**. Let us tune in to the sounds of summer together.

Happy reading folks!

Team Cochlear India

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The Four Mantras of Success

What makes HEAROes tick!

In the previous issue, we introduced the four mantras of success that set our HEAROes a class apart. They were:



Being cool is all about being confident, smart and friendly! In the last issue, we posed a question: How does being cool help achieve success? We promised you answers in this issue, **so read on and find out!**



It is all about developing the capability to do more and achieve more by pushing the boundaries of your capabilities. It is about utilising every chance we get to live a fulfilling life. In the **next issue**, we will share some real-life stories and exciting facts about this mantra!



Being free is all about doing what makes you happy and 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 **11th issue**, be sure to read on and find out!



Every person with a Cochlear implant is a member of the worldwide Cochlear family, which holds a promise of continuous support, in every way possible. In the **12th issue**, we will reveal how the Cochlear Family has ensured that our HEAROes have received continuous support on their way to success.





Being Cool means, being confident, smart and friendly!

Being Cool means taking on every challenge with confidence and overcoming it.

Why is it important to be Cool?

Human beings are the most successful species on the earth. One of the major reasons is that we are social and we can communicate with each other using spoken language.

Hence, succeeding in life becomes much easier when we can make friends who work as a support system at various stages of struggles and happiness in our lives.

You would have noticed that people want to be friends with and help Cool (confident, smart and friendly) people. Why, because Cool people can communicate well and make others feel comfortable with them.

Our HEAROes have told us that, the most important part of being Cool is having a **Cool Conversation** – which translates to being able to have confident, smart, witty or hearty conversation.

As children grow, they interact more regularly with other children of their own age and face more complex social situations. They also become more conscious of their style and looks and are always looking to make a statement of confidence to the world outside. There should be nothing that holds them back during these interactions and this is where the concept of being Cool comes into the picture!



Some examples of a Cool Conversation?

- Answering promptly & smartly
- Cracking a joke at the right moment
- Listening attentively and understanding others' feelings

What may stop a Cochlear implantee to have a Cool Conversation?

Hundreds of Cochlear Family Members have told us that there are four major hurdles that stop them from being Cool -



Feeling self-conscious due to the sound processor on the ear, making them look different from others

1



Difficulty in hearing in a noisy situation

2



Confusion in group conversations due to multiple voices simultaneously

3



Difficulty in focussing outdoors due to windy situations

4

**So, is it easy for a Cochlear recipient to be Cool?
Probably no!... but the good news is that it is possible.**

Cochlear is continuously trying to improve its sound processors to make it easier for a Cochlear Family Member to be Cool without anything holding him/her back!



Being Cool for a Cochlear recipient has never been easier!



Introducing: The Cool Kanso®

- So small, it disappears right inside your hair
- Say goodbye to being self-conscious
- Reduce the noise with SmartSound® iQ
- Participate in group conversations with ease
- Pair it up with our cool accessories

How does your daily routine look like with Kanso?

Kanso, equipped with SmartSound iQ adapts effortlessly to most hearing situations :



SmartSound iQ is an intelligent sound processing system that senses the changes in the listening situation and automatically switches the program to a suitable one. This helps you focus on the conversation and not struggle with disturbances created by the change in the situation. The result: a Cool Conversation!



The Inspiration Lane

How timely decisions by a mother opened new doors for her highly talented daughter

In this rapidly changing world, keeping up with the times is of utmost importance.

From the day her babysitter noticed little Bhagyashree's hearing loss to now, life has been a roller coaster journey for her mother, Shubhashree Mohan. Over the years, her daughter has gone from strength to strength. Bhagyashree is learning Odissi dance. She speaks 4 different languages fluently, loves to talk to people and make friends.



Name:
Bhagyashree Mohan
Age:
13 years
Sound Processors:
Upgraded to Kanso® in 2017 from SPrint™
Studies in:
**Std. VII, Podar International School,
Aurangabad**

We had a heart to heart chat with Bhagyashree, her mother **Shubhashree** and sister **Bhairavi**.

Q: How would you describe Bhagyashree as a child?

Shubhashree: Curious, enthusiastic and full of energy. She has an urge to do and learn different things each day.

Q: Share with us how you discovered Bhagyashree's hearing impairment and what you did afterwards.

Shubhashree: Bhagyashree's hearing loss was first noticed by her babysitter when she was 20 months old. I was completely heartbroken. We took her for hearing tests and discovered profound hearing loss. Then, her babysitter took me to audiologist Ms. Priya Bhale. I consulted her and also met 2-3 ENT surgeons in Aurangabad. Meanwhile, I also researched on the internet and spoke to a lot of parents who had children suffering from hearing loss. It turned out that two of them had gone for Cochlear implants. I saw their results and after a lot of contemplation, I took Bhagyashree for the Cochlear implant when she was 28 months old.

Q: You recently upgraded from the SPrint to Kanso. Why did you decide to do so?

Shubhashree: I kept hearing about upgrade options and spoke to a large number of parents



Bhagyashree with her clinician, Ms. Priya Bhale

across the country as well as the Cochlear team. My daughter was 12 years old, her challenges were different. Now, she was oriented more



towards the outside world. I was convinced that it is a good, safe option, because there should be nothing stopping her now.

Q: How did your daughter's experience change after switching to the Kanso?

Shubhashree: The day we put it on her, I was really happy. It is so small that it cannot be seen. She immediately said, "Mumma, I have no hump on my back anymore. I feel so free!" That was the happiest moment for me.

Q: You speak in 4 different languages and you are also an Odissi dancer – how do you manage your time between school and these activities?

Bhagyashree: It's very cool, actually! With my mum and in school, I speak in English, with

friends, I converse in Hindi and in my day-care, I speak in Marathi. At home, when my mother and sister talk to each other, I pick up Tamil too. Coming to my Odissi training, I go to my gurukul 2-3 times a week or sometimes even more, if there are dance programs. Since last year, I have been attending badminton classes as well.

Q: Has your new processor helped you in these activities?

Bhagyashree: Yes, very much. In all these activities, such as sports and dance, it moves along with me easily as it is lightweight, small, smart and fashionable. Styling my hair is also easy.

Q: What are your favourite things about the new Kanso?

Bhagyashree: With Kanso, everything I hear is

The Inspiration Lane

sweet, soft and clear. Earlier, I had to often ask my teacher to repeat a few things, but now, everything is much clearer. I enjoyed playing in water as well as Holi this year, thanks to the Aqua+ accessory. I could hear the splashing of water as well as my mother's voice! It was like



when I was in water, the Kanso was swimming along with me! Now, I aim to learn swimming this summer.

Q: How do you feel now?

Shubhashree:

I felt I was giving her something which I had denied for so long!

Now she is free to do everything that any other child can do. There is nothing holding her back!

Bhagyashree: After I got the Kanso, my friends kept asking me, "Where is your machine?" They could not see it at all. I showed them and they were amazed at how small it is.

Q: What do you and your sister like doing when you are together?

Bhairavi: We are like bread and jam and can't do without each other. We do art, cooking and watch TV, go to the markets to buy stuff together. We spend time sitting and cracking jokes, and laughing.





Bhagyashree with her mother and sister



Bhagyashree's mimicry of people she meets through the day takes up most of our time together. The way she imitates people's actions, tone and speech leaves me totally amazed!

Q: Do you have any message for all the siblings of our recipients across the country? How sisters and brothers can help out in the family?

Bhairavi: Speak more, don't keep silent, do whatever you can best and leave it to the processor to do the rest!

To make your sibling believe that they can lead a fun life too,

Let them participate in all you do!

Encourage them to do well in academics too and be your partner in all the fun and naughtiness,

They can do whatever you can do, And you may never realize that they are way ahead of you!

- by Bhairavi, Bhagyashree's sister

Watch Bhagyashree's story on the Cochlear India YouTube channel : bit.ly/2kguwGh



The journey of hearing is an exciting one, with many surprises for your child. Every experience is a pit stop from which he/she learns and moves ahead with more confidence.

You too may have come across several milestones in your life, throughout this wonderful journey. Share with us the milestones in your life, so that others may benefit from your experience.

Here are a few such stories of success and courage:

Cochlear India
10 April at 12:44 · 🌐

"Giving up is just a loss" - if this attitude doesn't tell you about her confidence and journey, then we are not sure what will! Meet our #Superhearo, Akanksha Wankhade AKA Aluni Lewis, who runs her own YouTube channel and knows no boundaries when it comes to moving ahead in life. Our bilateral N5 recipient is not only an extremely creative YouTuber but also a keen sports enthusiast with interests in Basketball, Volleyball, Tennis and Badminton. She has performed for various dance & dramatic functions at her school and HPCL events. Along with pursuing a vocational course in Construction Technology at Swami Vivekanandan Jr College in Mumbai, she has also taken up graphic designing and Photoshop classes. With all the creativity and a special knack for sketches, Akanksha dreams to pursue designing in future. She can also make fluent conversations in Hindi, English & Marathi. Make some noise with your likes and comments for our multi-lingual star.
Explore Akanksha's YouTube channel, here: <https://youtu.be/ksWeF1cFayU>



A+ Achiever
Akanksha Wankhade (Creative YouTuber)

Cochlear India
17 April at 17:07 · 🌐

Along with having completed Masters in Visual Arts in Painting with Silver Medal from IIS University in 2015, our #Superhearo Deepali Sharma, is an esteemed professional painter. Having bagged the 2016 YuvaRatna Award (organized by Rajasthan Jan Manch), she has been appreciated at various national & international exhibitions.
Some of her exhibitions include:

- 2 Paintings in Hague, The Netherlands in Aug 2017 – World Fine art association, New Delhi
- Solo Exhibition 2016 – Jawahar Kala Kendra, Jaipur
- 35th Students exhibition -Lalit Kala Academy (2 paintings selected) 2015
- 83rd All Indian exhibition of Fine Arts 2017, Amritsar, Punjab
- Group Exhibition 2010-2015 at Jawahar Kala Kendra, Jaipur – IIS University

Her achievements don't stop at this! She also made it to the 6th position at the 'All India Painting Competition' organized by Nav Shri Art and Cultural Organization, New Delhi in April 2017.
#Superhearo Deepali, is a bilateral recipient who uses Nucleus® 6 on one ear & Kanso on the other. This young, lively girl who is busy painting her life as a winner, surely has a promising career ahead of her. Wish her all the best with your likes and comments! You can visit here to experience some of Deepali's remarkable artwork - <http://www.deepaliart.com/>



A+ Achiever
Deepali Sharma (Professional Painter)

Like us on Facebook by following this link: <http://www.facebook.com/CochlearIndia> and share your valuable feedback to keep our learning going.

The development of communication skills starts at infancy, even before your child says the first word. By the time children are three and a half years old, they have already gone through a number of different social and physical situations. As your child grows older, interacting more closely with other children, adults and the many different situations we all go through everyday, it is crucial to keep a track of his/her listening skills.

The 43-48 months milestone chart is a guide to the average development of a child. However, always remember that your child may develop more in one area than the other.



Have you noticed?



Receptive Language

- ✓ Understands an 8-9 word sentence
- ✓ Recites the days of the week with assistance
- ✓ Understands time concepts i.e. today/tomorrow/morning/afternoon etc.
- ✓ Follows 4-step directions within context and those with more difficult concepts



Expressive Language

- ✓ Retells longer stories or experiences in detail – 5 or more sentences
- ✓ Uses comparisons eg. big, bigger, biggest
- ✓ Uses "how" questions eg. How much? How many?
- ✓ Identifies which item does not belong to a category



Cognition:

- ✓ Copies simple picture line drawings
- ✓ Builds a wall with playing blocks
- ✓ Uses more sophisticated, imaginative play

You may download the TLC book in advance by visiting <http://bit.ly/1yDqDil>

If you have any queries or doubts related to your child's growth and development, feel free to reach us at CINcustomerservice@cochlear.com and our team of experts will resolve it as best as they can.

StayNew. StayAhead.

“ I am really happy
with the new Kanso ”

- Sai Lakshmi
Kolar, Karnataka
upgraded to Kanso ® in 2017

Cochlear™ StayNew Plan*

Exchange your old processor to stay new

16 year-old Sailakshmi Kanakadari is an all-rounder at school. She has won several awards in sports and done well in studies. With the Freedom® she would sometimes have trouble participating in conversation. Her parents wanted her to stay ahead in life and chose to upgrade to the smarter¹ and simpler² Kanso from Freedom in January 2017.

New Sound
Processor



KANSO

₹60,000



CP910 CP920

₹ 50,000



CP810

₹ 40,000



CP802

₹ 30,000

Exchange -
value on old
Sound Processor

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.

Recipients Corner

Celebrating the hidden joy!
A few gems from our SuperHEAROes

To be young, is to be creative. Our recipients are making a mark not only in academics but in various other fields like sports and arts. We are proud to share some beautiful examples of their talent with you.



Aryan Madhok, 9 years old, CP810 recipient, Ghaziabad
This young artist shares with us his immense talent and flair for art through these pieces



Ankita Gungun Basak, 14 years old, CP910 recipient, Dhaka, Bangladesh
Here we see a beautiful portrayal of life in rural Bangladesh

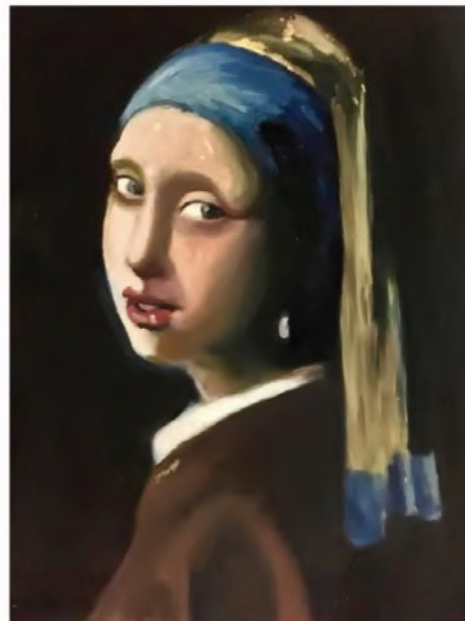


Recipients **Corner**

Celebrating the hidden joy!
A few gems from our superstars!



Bumpy Goswami, 18 years old, CP910 recipient, Guwahati
The young lady provides a glimpse of her incredible talent through portraits, still life & landscapes



Yashna Bahl, 13 years old, SPrint recipient, Jabalpur
The very talented artist shows her amazing skill in Warli drawings depicting village life



We love to hear from you and share your talent with our family!
Write to us at CINcustomerservice@cochlear.com
You can also keep in touch with us on our Cochlear India Facebook page
and through Twitter@[CochlearIndia](https://twitter.com/CochlearIndia)

A young girl with dark hair is smiling and splashing in a pool of blue water. She is holding a large, pink, ribbed inflatable ring. The water is splashing around her, creating many white bubbles. The background is a bright blue sky with some white clouds.

"SPLASH!"



This summer, *experience* a new world like
"Splash" along with your **Cochlear Nucleus Aqua+**
Waterproof | Reusable | Easy-to-use

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.

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