

## Healthy Living Newsletter August 2023

### My Hearing Miricle

Greetings!

Good news. I love helping my patients heal from injury or disease, and sometimes its my patient who helps me heal. As many of you know I have a hearing loss and needed to wear hearing aids. As of a month ago my hearing has returned, I have not needed my hearing aids for the 5 weeks.

#### **Here's my new hearing story.**

Eleven years ago I was on a vacation and the day before I got on a plane to fly home I spent time in the resorts large hot pool. I love to be in water and kept dunking my head under the hot water. I went to bed and the next morning I got on a plane to fly home. When I got off the plane I couldn't hear normally. I thought my ears would "pop", but they never did. This was 11 years ago.

It was difficult because as anyone knows not being able to hear is a serious handicap. I went to my internist first and was given antibiotics and that did nothing. I was also prescribed antihistamines, decongestants and steroids but nothing changed. I saw an ear, nose and throat doctor who offered to put tubes through my ear drums but that did not sound good as that is usually done to children and the eardrums heal but it is not always the case for older adults. Having permanent holes in my ears would have set me up for infections and I would never be able to swim or put my head under water.

That Christmas my husband, Tom bought me an over-the-counter hearing amplifier that was large and conspicuous. I was thrilled. He thought I might be upset with such a cumbersome device, but I could hear better and that was wonderful. Having a hearing loss in my profession is a problem. I must ask lots of questions and there are

only so many times I can ask, “what?” Sometimes the answers to my questions were whispered to me because they were so personal, so I really had to develop my lip reading and contextual skills to keep up with my charting and communicating. Fortunately my patients have been very gracious about correcting me if I’ve misheard something.

Gradually my hearing got worse, and Tom commented that at home I just wasn’t talking to him. In groups I couldn’t participate in the conversations because I could not hear everyone. I tend to be an introvert, so it did not bother me so much socially but in my work, it became more and more difficult.

Finally, I got hearing aids. That was so wonderful because I could hear birds and all kinds of ambient noises that I hadn’t been able to hear. My voice to me sounded like I was under water and all my doctors both Western and Alternative tried everything to help my hearing loss. Some things helped a little, but my hearing has been getting worse over the 11 years until last month.

As of a month ago I have not needed to wear hearing aids. One of my patients showed me a device from Sweden that is a balloon that is blown up from the nostril and the reverse pressure clears and opens the eustachian tubes. It is truly a miracle and I am so thankful for the information my patient shared with me.

I always learn something from the patients I see, and I feel so privileged to be able to do the work that I do. I’m telling you my story not because I think you need this device but because I want you to know that there is always the possibility of finding something that will help you. Sometimes we do things as insurance dictates, sometimes we experiment, sometimes we make mistakes. We can always keep trying.

In Health,

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