

ONE STORY ABOUT THE PROGRESSION OF HUMAN HEARING DEFICIENCY

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This article must not be interpreted as somebody feeling sorry for oneself. The intent here is to provide some comfort to those who may be encountering hearing loss and provide alternatives that may assist them and their “Journey”. To those who were familiar with a person and has noticed a change in their personality, perhaps an explanation may be in order.

I will keep terminology away from medical words but in today’s world, almost everything can be researched on Google and similar ‘Engines’ to obtain an understanding for those who take the effort.

A) Balance

1. Hair cells

“...The hairs of your inner ear are called **hair cells**. These specialized cells, located within the cochlea, contain tiny hairlike projections known as **stereocilia** that detect sound vibrations and convert them into electrical signals for the brain to interpret...”

2. Influence on a person’s balance

“.....The loss of hair cells in the inner ear significantly impacts both hearing and balance, leading to permanent hearing loss and potential balance disorders....”

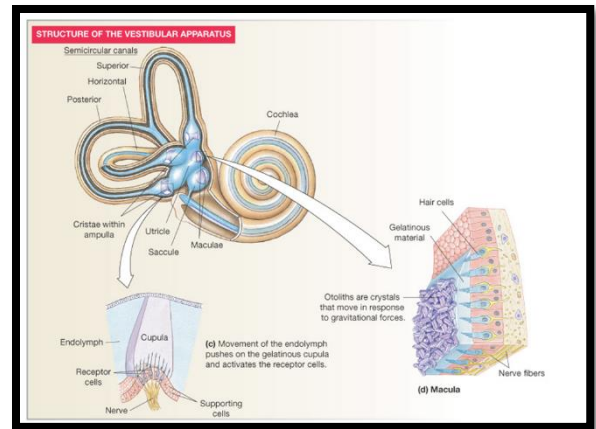
3. How did this affect a person in everyday life?

- a. Walking becomes a stagger and a need for a cane to keep balance
- b. Navigating at night is a challenge as the correlation with my eyes is seriously hampered and stumbling knowing where I am becomes not possible
- c. Sports such as Curling (which I love) become impossible as balance on ice is essential. Even playing Corn Hole requires balance, especially on the follow through
- d. Walking in an arena to find a seat is a gross challenge

4. Current Research to treat this issue:

a. Protein XIRP2: The Key Player in Repairing Hair Cell Cores

- i. The research team, led by Dr. Jung-Bum Shin from UVA’s Department of Neuroscience, discovered that hair cells deploy a specific protein, XIRP2, to sense and repair damaged cores. These cores, primarily composed of actin, are the vital components of the hair-like structures.



- ii. Upon detecting damage, XIRP2 migrates to the site of the injury and initiates the repair process by replenishing the cores with new actin. This novel mechanism not only has implications for hair cell research but also offers insights into broader cell biology.
- iii. The significant findings have secured the research team a substantial grant of over \$2.3 million from the National Institutes of Health. This funding will support further investigations into the repair process of hair cell cores.
- iv. Understanding the intricate mechanisms involved in hair cell repair opens up possibilities for innovative treatment approaches to combat hearing loss, including age-related hearing loss, which affects a significant portion of older adults.
- v. **Hopefully this research will continue to a resolution to this issue.**

B) Social

After a time, there is a struggle to hear ordinary conversation. A dialogue between two people remains possible but once there are other people talking, even hearing aids are challenged to distinguish any set conversations.

1. Meeting people

- a. Even if one spends time being President of many organizations and meeting people all the time, suddenly this is not the same person.
- b. After a greeting and acceptance of both parties and an exchange of greetings, the first communication from the person is not heard or understood. This requires an explanation that one cannot hear, and a frustration ensues.
- c. Unfortunately, not everyone is tolerant of handicapped people and so the meeting may not evolve to a conversation
- d. Usually frustrating in carrying on the a conversation renders the meeting short and disappointing to both parties.

2. Attending Functions

- a. Not all public address systems are professionally adjusted. This quickly becomes not a barrier for being able to follow what is taking place. Very soon there is disinterest in the proceedings
- b. Eventually, there is little interest in attending any function.

3. Singing in choirs

- a. Being able to hear an adjacent choir member is essential to participating in a choir for its harmony and depth
- b. Hearing the Director's instructions become difficult
- c. The individuals voice becomes difficult to "tune"
- d. Participation in choirs is not practical for a Hearing Deficient person

4. Family Dinners and Public Banquets

- a. As loving as a family may be, the excitement of family being together suggests that everyone in attendance is excited and want to talk. This atmosphere is not conducive to a Hearing-impaired person. Too soon smiling becomes a facial feature but no participation.
- b. This is a difficult on the family as it is on the impaired person
- c. Public banquets are worse as the background din blocks out the conversation beside and across from you. Usually, the public address system is not adequate, so the speeches are not heard. The interest in these events become limited.

5. Hearing children (Great Grand Children especially)

- a. Loving grandchildren and great grandchildren are one of the greatest feelings but unfortunately younger voices are more difficult to understand. Soon there is an avoidance that becomes heartbreak for the Great Grandparent.

6. Talking too Loud and attracting attention

- a. There is an increasing loudness in the affected person for their own ability to hear themselves
- b. This results in people around staring as it appears that arguing is taking place. This becomes embarrassing to the people with you.

C) Participation

- 1. Over time the interest to participate in the community wanes
- 2. People that you once knew and others interpret this as becoming unfriendly,

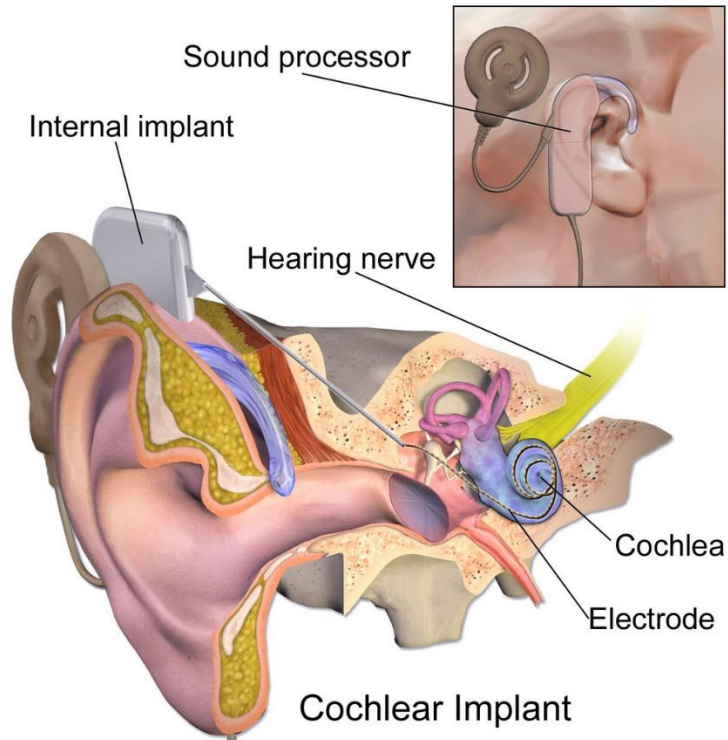
D) Enthusiasm

- 1. Slowly the once enthusiastic person finds himself not included in conversations nor visitations.
- 2. You become a loner.

E) Possible rectifications

- 1. Visit a Professional Ear / Nose / Throat Specialist
 - A) In the Kootenays
 - a. No ENT in West Kootenays
 - b. One in East Kootenay takes East Kootenay residents only
 - c. One in Kelowna has a one year waiting time
 - B) Alberta
 - a. Most do not take BC residents
 - b. A Clinic has a 3-year waiting time
 - c. Some do not take patients over 80 years of age
 - C) Saskatchewan
 - a. Working on Professionals known to friends
- 2. Wait for the Research to grow Inner Ear 'hairs'
 - A)** As in A) 4 above, they are working on it and no estimate of time

- B)** Install a Cochlear ImplantA **cochlear implant (CI)** is a surgically implanted [neuroprosthesis](#) that provides a person who has moderate-to-profound [sensorineural hearing loss](#) with sound perception. With the help of therapy, cochlear implants may allow for improved speech understanding in both quiet and noisy environments.^{[1][2]} A CI bypasses acoustic hearing by direct electrical stimulation of the auditory nerve.^[2] Through everyday listening and auditory training, cochlear implants allow both children and adults to learn to interpret those signals as speech and sound.



3. Purchase an App such Microsoft Teams
 - A)** This has merit as it collects all the conversation and translates it into print as people talk
 - B)** I am working on obtaining this App
4. There maybe other solutions

Prepared by EWV October 05, 2025

First draft, expect to be edited as more information comes in