



Muster

Newsletter of Haughley Royal British Legion

It's always good to remind ourselves from time to time that the money we raise whilst promoting the benefits of the Legion do make a difference. This newsletter looks at how the Legion is assisting veterans by ***FUNDING RESEARCH INTO VETERANS' HEARING LOSS.***

Since 2015 a team at The Royal British Legion Centre for Blast Injury Studies has been investigating hearing loss amongst veterans, and possible remedies.

Auditory processing disorder (APD) is a hearing problem that affects the ability to distinguish between competing noises, with sufferers often struggling to make out a human voice against conflicting background noise.

Research (published in 2009) on infantry soldiers found that up to 14 per cent of those returning from Afghanistan in 2007-08 had hearing loss, whilst a study in the United States found that more than half of US Army veterans suffer from APD.

Leading the research at Imperial College is Dr Tobias Reichenbach, a scientist with a background in auditory neuroscience.

“At the moment there is no treatment available, but we hope to change that”

Tobias Reichenbach with equipment for neuro-stimulation

This equipment is used to deliver small currents to the brain, which can help promote neural plasticity and thereby rehabilitation from neural impairment. We have just started a project to develop stimulation strategies for rehabilitation from auditory processing disorder.

“A loss of hearing in any capacity can have a significant impact on your professional and personal life,” said Dr Reichenbach.

“APD is a common problem among veterans, but I don't think it's really been picked up before because it's not fatal.

“The US research shows that APD can be a consequence of blast exposure, and many veterans who have been in a combat situation have experienced blast exposure”.

According to Dr Reichenbach, blasts have a severe effect on the brain.

“APD isn't a result of damage done to the ear, which can be in perfect working order. It's due to neurological impairment”.

“When exposed to a blast, a high-pressure blast wave goes over you, and that has impact on the head. Also people can be thrown against a wall or hit on the head, causing injury to the brain”.

In the first stages of their research the team used electroencephalography (EEG) to measure brain activity during speech processing.

Each subject was asked to wear a cap fitted with electrodes and to listen to two competing human voices through a set of headphones. The electrodes on the cap were used to track the signals from the brain used to understand speech.

“Our preliminary results indicate that cortical oscillations (rhythmic neural activity) are impaired in veterans with APD,” said Dr Reichenbach.

“We are now building on these findings to develop neuro-stimulation techniques for rehabilitation”.

“At the moment there is no treatment available, but we hope to change that. Some people are born with APD and in those people it is difficult to cure.”

“In veterans it has been acquired so we are hoping it can be reversed through auditory training, such as brain stimulation, which involves applying small currents to the brain to make the brain able to learn more easily.”

National arboretum visit

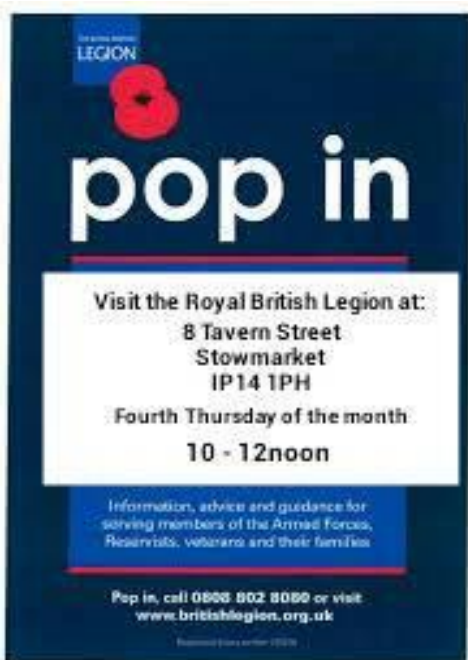
Pin your ears back and get in touch! The branch is organising a visit to the National Arboretum for the 30th September. You don't need to be a member to come with us just a sense of humour for the journey! And I'm sure you'll be in laughing fits with Bernie's comedy.

Legion to pupil

Hopefully you'll have read your latest Legion magazine. Instead of recycling your magazine in the bin pass it to Roy who will take them to Crawford's for the year 6 pupils to have a read.

>> Need some advice?

As part of the Legion modernisation programme the Legion has a number of Pop-in Centres. RBL "Pop In" Centres are available to all serving and ex-service personnel and their dependents. If you need advice on welfare issues, service pensions or a question on any aspect of the Legion just 'pop in'. No appointment is necessary.



Muster Newsletter

Material should be sent to acsargent48@gmail.com. All articles must be attributable – anonymous articles will not be published. Please send text as an attached Word document or within the body of the email. Send images as attached .jpg or .png files. Don't resize them - don't include them within a text file. We may edit content

Your views

OK. Listen in. You'll have noticed in the recent edition of the Legion magazine there was a questionnaire asking your views. I know sometimes these can be a pain however without **your** input the charity cannot move forward. As a member you have a voice. So use it!

When I was a boy I sailed and flew the world to discover it's wonders. And yet the wonder of them all awaited me. And now the more I explore of her the more I realise how little I know of her...My inheritance...My England,

Roy's monthly thought



Date	What's on
14 th May 2017	Village Garage Sale
8 th June 2017	Branch meeting. Guest speaker Kevin Havelock on strokes, stings and sprains 7.45pm
24 th June 2017	Armed Forces Day. Margaret's fabulous roast beef. *NAMES IN ASAP*
6 th July 2017	Branch meeting 7.45pm

There are 6 Newsletter issues every year:

January : March : May : July : September : November The deadline for articles for the May issue is 26th June.