

Lyric

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Living with...

HEARING LOSS

I'm a keen climber, and have already scaled Snowdon and, most recently, Kilimanjaro.

About three years ago I realised I'd gone deaf in my left ear. I picked up the telephone one morning and couldn't hear anything through one ear, but could in the other.

After tests, I was prescribed a hearing aid. However, I found it irritating – the sound would be horrendous in restaurants and bars when lots of people were talking.

The external device also got in the way of my climbing headgear and the altitude caused the batteries to die out quickly. I had to climb Kilimanjaro without it, so after a year I stopped wearing it.

Then I was told about Lyric – a revolutionary new hearing device, launched by Phonak, that is fitted directly into the ear canal, and is worn all day, every day. This sounded much better than the



external devices I'd tried so I was fitted with one in February.

I'm very positive about the device: I've been able to enjoy regular swimming, something which is not possible with external hearing aids.

And I'm looking forward to trying it out on top of Mont Blanc shortly – all part of my training for reaching the summit of Everest by 2014. If I achieve it I'll be the second British sexagenarian (after Sir Ranulph Fiennes) to have summited the



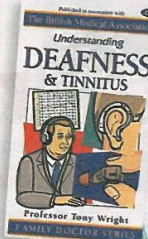
Dr Barry Dalal-Clayton, 61, from Gerrards Cross, Buckinghamshire

highest mountain in the world. Inspired by my father's tales of his exploits in WW2, where he worked alongside Gurkha comrades who he deeply admired, I aim to raise a significant sum to support the Gurkha Welfare Trust.

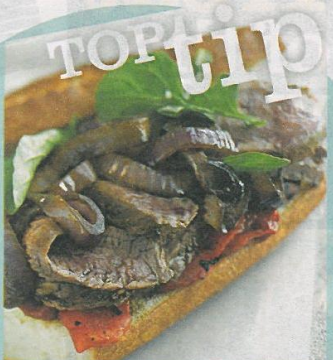
For help...

The Lyric hearing aid can be worn 24 hours a day, seven days a week for up to three months at a time. It is inserted just 4mm away from the ear drum and the procedure only takes a matter of minutes with no anaesthesia or surgery

required. For more info, please visit www.phonak-lyric.com. **FOR HELP:** with hearing difficulties, go to www.rnid.org.uk. **READ:** Deafness & Tinnitus (Family Doctor Publications Ltd), £3.90, from www.play.com



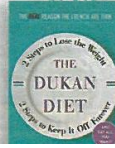
Easy HEALTH



TOP TIP
Eat a steak sandwich. According to a new study in the American Journal of Clinical Nutrition, if your body gets 5.5/9.5mg of zinc per day you cut your risk of developing prostate cancer and a cut of steak offers 70% of your RDA of zinc.

BOOK OF THE WEEK

The Dukan Diet: 2 Steps To Lose The Weight, 2 Steps To Keep It Off Forever by Pierre Dukan, rejects counting calories and promises permanent weight loss by letting you



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