

TAKING STEPS TO

# Enjoying Music

WITH YOUR  
COCHLEAR IMPLANT

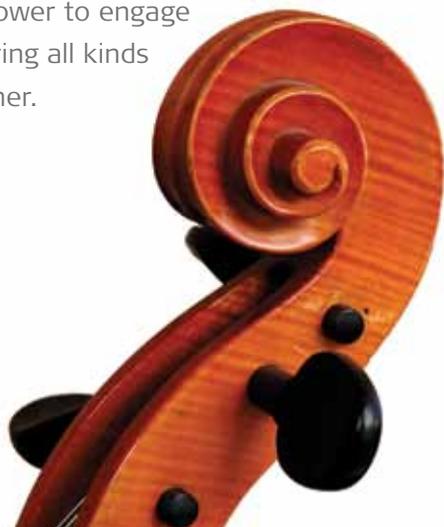


**MED**  **EL**



## Fine-Tuning Your Appreciation of Music

When you watch a bride and groom's first dance, a baby lulled to sleep by Brahms Lullaby, or a baseball player listening to the national anthem with tears in his eyes, you understand that music is an integral part of our lives. Recognized as a universal language, music has the power to engage emotions and bring all kinds of people together.



No matter how strongly you're connected to music, there's no doubt listening to it is part of a greater social experience that adds to your enjoyment of life. Those who have experienced substantial hearing loss often say they feel isolated in social environments where everyone else is enjoying music. The good news for people with cochlear implants is that there are specific steps you can take to help you reconnect to the joys of music.

Advances in implant technology continue to help. Today, MED-EL makes the only cochlear implant with FineHearing technology<sup>2</sup> for better music appreciation and hearing in noisy environments. Our technology provides greater accuracy than ever before, so it allows listeners to detect smaller differences in pitch and perceive a wider range of tones, including music.

Despite what you may have heard, music can now be enjoyed with a cochlear implant with great success.

# To Each His Own

Individual differences can cause one person's perception of music to differ greatly from what someone else experiences, even if they both have similar devices. Cochlear implant recipients find a number of factors contribute to their ability to enjoy music:

## Anatomy

Having healthier nerve cells and residual hearing may help some CI recipients distinguish the signals of music better than others. Another factor is whether your surgeon was able to achieve full insertion of the electrode, or if your unique anatomy dictated a shorter insertion. Other factors include your length of time being deaf, cause of hearing loss, and variations in your cochlear anatomy.

## Musical characteristics

The rhythm and beat of a piece of music also make a difference. Rock, hip hop or other music with a heavy beat may be a good starting point. You can practice your way to hearing more complex music, like symphonies.

## Environment and Expectations

You already know that speech perception is easier in listening environments free from other sounds and complicating factors. The same is true when you're listening to music.

Setting reasonable expectations for enhancing your music listening experience is also important for getting from where you are to where you want to be.





## Getting the Show on the Road

Even if you once listened to lots of music, think of yourself as an apprentice in the art of music listening. Just as a painter needs a canvas and a dancer needs a stage, you need tools and knowledge to master new skills.

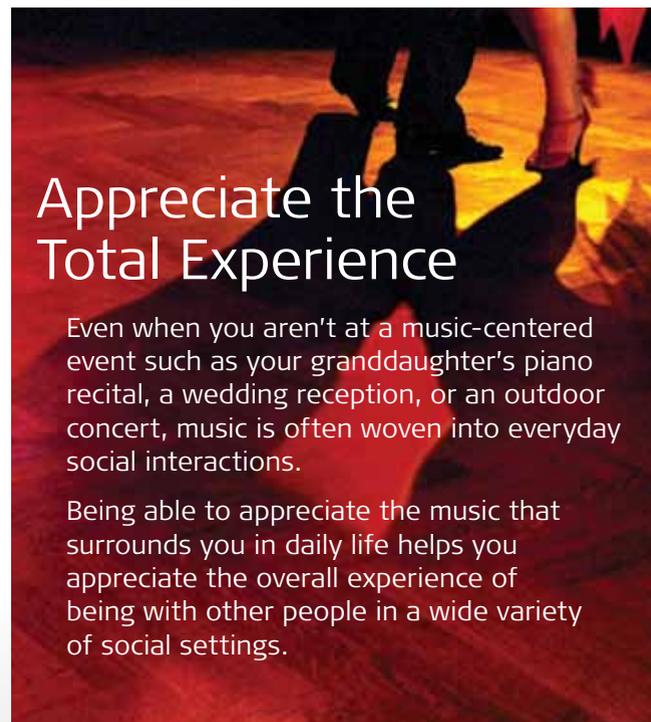
### Practice, Practice, Practice

Like learning any skill, music appreciation takes practice. Some CI recipients say they have improved their appreciation of music simply through dedicated practice in listening to music.

You might try focusing more on the rhythm of music by listening to songs you knew well before you lost your hearing. It seems the brain, and its memory of the sound of music prior to hearing loss, can help fill in the missing information.

You can also use trial and error, making note of specific songs you like better than others. Try a selection by a soloist that features a quiet guitar and drum accompaniment with a clear and simple beat. At first, such simple orchestration may sound better through your CI than symphonic music without lyrics that uses many instruments playing complex melodies at the same time.

CI recipients who seem to have the best music perception have devoted time to “train their brains” to hear music. Remember that training your brain requires focused effort, rather than just playing music in the background while you’re doing other things.



## Appreciate the Total Experience

Even when you aren't at a music-centered event such as your granddaughter's piano recital, a wedding reception, or an outdoor concert, music is often woven into everyday social interactions.

Being able to appreciate the music that surrounds you in daily life helps you appreciate the overall experience of being with other people in a wide variety of social settings.

**91%** of users reported that music was a pleasant experience.<sup>2</sup>

## Tips for Music Listening

Keep these tips handy to help you fully realize your music listening potential.

1. Make sure the **sound quality is good** (MP3 players, CDs, and adequate volume control – since too much volume will distort the sound).
2. Choose a comfortable environment (quiet, relaxing, no echo).
3. Use **headphones** or a **direct connect system**.
4. Start with a simple piece (solo and repetition are ideal). You might look on the Internet by typing "*piano solo*" or "*guitar solo*" into your search engine.
5. Select something familiar. Music you listened to before you lost hearing can be easier to understand – your memory helps fill in the gaps.
6. Find music with a strong beat (rock, hip-hop, etc.).
7. Engage your sight and use visual cues (watch live music or music DVDs to help identify rhythm and beat).
8. **Find the lyrics.** Type the title and "lyrics" into a search engine, or try to find a performance of the song or instrumental piece at [www.youtube.com](http://www.youtube.com).
9. Talk with other cochlear implant recipients, or seek guidance from a hearing rehabilitation specialist or your audiologist to assist with your progress.

### When you are ready for more...

10. Broaden your musical tastes (classical, pop, country, rock, folk, etc.).
11. Use trial and error by sampling different styles and practice identifying sounds and instruments.
12. Learn to play an instrument, join a community chorus or church choir, or take music therapy.
13. **Have fun and *don't give up!***

**84%**

of users reported that they listened to music at least once a week, if not everyday.<sup>2</sup>



## Make a note of these accessories:

### Comfortable headphones

Headphones with large cushioned ear muffs help filter out sound and provide a clearer listening experience than standard headphones. Noise-cancelling products work very well.



### Audio cable

Use your **audio cable** and **FM Battery Cover** to directly connect to your battery-operated music player. *(See next page.)*

### Telecoil accessory

A **neckloop** or **silhouette** is an accessory that can be connected to your music player. Use the telecoil functionality to enjoy wireless connection to your music player.



### Assistive Devices

There are many venues (churches, auditoriums, arenas, etc.) that utilize assistive listening devices. Such technology can improve your music enjoyment dramatically by providing direct sound from the performance into your processor.

# Plug & Play

## Using MED-EL's direct-connect audio cable:

with the OPUS 2 audio processor



Replace the Standard Battery Cover with the FM Battery Cover.



Insert the audio cable's 3-pin plug into the port at the bottom.



Insert the audio cable's 3.5 plug into the headphone jack of the music device.

with the RONDO audio processor



Attach the RONDO connection cable and plug into the Mini Battery Pack.



Insert the audio cable's 3-pin plug into the port of Mini Battery Pack.



Insert the audio cable's 3.5 plug into the headphone jack of the music device.



## Using a third-party telecoil accessory:

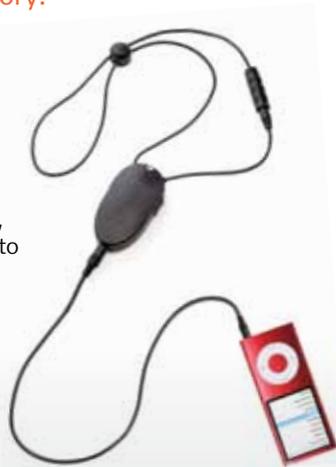


Insert the telecoil device's 3.5 plug into the headphone jack of the music device.



On your FineTuner, press "MT" or "T" to activate telecoil.

Place telecoil accessory around neck (neckloop) or on the ear (earhook).



## Bravo!

As you practice and become more comfortable listening to music, your expectations will change. Because you want more from listening to music, MED-EL design engineers are refining new signal processing approaches which may allow you to hear even more detail than ever before. Listening to music is a rewarding experience, congratulations on working hard to achieve the most from listening with your cochlear implant.

For more detailed instructions, see your user manual.

<sup>1</sup> FSP is not indicated for use by prelingual children in the US.

<sup>2</sup> FS1 clinical investigation: final report (CRD2005CIP001), MED-EL Innsbruck, March 2007  
These results were reported by experienced users after less than 3 months' use of Fine Structure Processing (FSP).

# hearLIFE

MED-EL is committed to enriching the lives of people with hearing loss through innovative, leading-edge technology and medical science. Our goal is to provide a whole new world of hearing and a whole new way of living, never forgetting that people and relationships are at the heart of everything we do.

For a list of cochlear implant audiologists by state, visit [www.medel.com](http://www.medel.com). Email us at [implants.us@medel.com](mailto:implants.us@medel.com) or call us toll free at 888-633-3524 for more information.

MED-EL Corporation, USA  
2511 Old Cornwallis Road | Suite 100  
Durham, NC 27713

toll free (888) MEDEL-CI (633-3524)  
V/TDD phone (919) 572-2222  
fax (919) 484-9229  
email [implants.us@medel.com](mailto:implants.us@medel.com)

[www.medel.com](http://www.medel.com)

For information on potential risks and contraindications relating to implantation, please visit [www.medel.com/us/isi-cochlear-implant-systems](http://www.medel.com/us/isi-cochlear-implant-systems)