



NOISE STUDY NEWSLETTER

A newsletter to keep the community updated on all of the exciting developments and discoveries from the Noise Outcomes in Servicemembers Epidemiology (NOISE) Study.

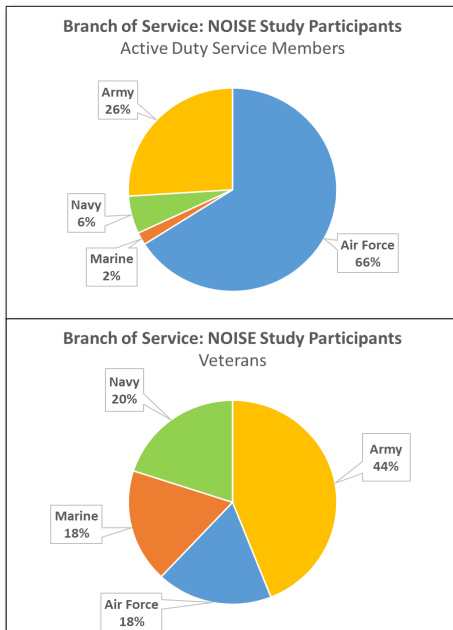
THANK YOU!

To date, the NOISE Study has enrolled over **1,000 participants** between our two sites.

Of those, we have completed **over 70** 5-year follow-up audiologic evaluations.

Participant contributions, year after year, are what makes this longitudinal study successful. We truly appreciate everyone who continues to be a part of the NOISE Study.

See below for a breakdown of our study cohort as of May 12, 2020:



The NOISE Study: Upgraded

In recent months the NOISE Study questionnaires got an exciting update—all questionnaires are now available to complete online! Our team collaborated with Oregon Health & Science University (OHSU) to implement secure, web-based surveys through the application, REDCap.

REDCap is a HIPAA-compliant and IRB-compliant application that not only makes the questionnaires more easily accessible and efficient for participants, but it also streamlines data collection and analyzation for investigators.

Participants: Your annual survey invitations will be sent to the e-mail address that we have on file for you. Please contact the research team that you enrolled with if you need to update this information.



NOISE Study Participants: Has your contact information changed?

The follow-up questionnaire packets that you receive on a yearly basis are a key part of this research. Please let us know if any of your contact information has changed since we last contacted you.

If you enrolled in the study at the **Portland, OR** site, please contact Brandon Smith at (503) 220-8262 ext. 58269 to update this information.

If you enrolled in the study at the **San Antonio, TX** site, please contact Jordan Cline at (253) 381-0944 to update this information.

Our Research Team

The NOISE Study is being conducted in Portland, Oregon and San Antonio, Texas. The main site is the National Center for Rehabilitative Auditory Research (NCRAR), located at the VA's Portland Health Care System. The second site for the Study is located within the Hearing Center of Excellence (HCE) at the Joint Base San Antonio Lackland Wilford Hall Ambulatory Surgical Center.



NCRAR Team VA Portland

James Henry, Ph.D.
Principal Investigator

Kathleen Carlson, Ph.D.
Co-Investigator

Sarah Theodoroff, Ph.D.
Co-Investigator

M. Samantha Lewis, Ph.D.
Co-Investigator

Christine Kaelin, MBA
Program Manager

Khaya Clark, Ph.D.
Regional Research Administrator

Leslie Grush, Au.D.
Research Audiologist

Wendy Helt, MA
Research Audiologist

Jane Gordon, MS
Research Audiologist

Kelly Reavis, MS, MPH
Data Analyst

Susan Griest, MPH
Data Manager

Emily Thielman, MS
Database Manager

Brandon Smith, BS
Research Assistant

Samrita Thapa, MPH
Research Assistant

Anneka Sonestrom, BA
Research Assistant

HCE Team Joint Base San Antonio

Carlos Esquivel, MD
Site Principal Investigator

Elsa Granato, MPH
Senior Research Administrator

Erin Cesario
Regional Research Administrator

James Schultz, Au.D.
Research Audiologist

Jordan Cline, MA
Research Coordinator

Julieta Scalo, Pharm.D., Ph.D.
Data Analyst

ADAPT & OVERCOME

Due to the COVID-19 pandemic, our research team has been working remotely for the last few months. But we've been able to stay connected with each other through bi-weekly video conferences!

Get to Know Us

Each issue of this newsletter will highlight a member of the NOISE study research team.

In this issue the HCE NOISE Study Research Coordinator, Jordan Cline, tells us a little bit about her career and what led her to the NOISE Study.



What was your background before joining the NOISE Study team?

When I was in my final year of college at the University of Texas at San Antonio, I started volunteering with the American Red Cross and fell in love with it. So, after graduation I traded my "volunteer" hat in for a "staff" hat. In the 5 years that I was with the Red Cross I managed their Service to the Armed Forces volunteer program for the San Antonio area, managed general Volunteer Services for our 31 county service area, became a fully trained Public Information Officer, & also served for three years on the National Young Professionals Council—the last of which I was honored to be the Chair of the council.

What made you decide to become a part of the NOISE Study team?

While I loved what I was doing with the American Red Cross, I was interested in trying something new. My bachelor's degree is in public health and my master's degree is in nonprofit management, so I thought that research coordination would be a perfect field to utilize those two skillsets.

What is a basic overview of your role as a NOISE Study team member?

In my role as the research coordinator for the NOISE Study site at Joint Base San Antonio, I have quite a few responsibilities—a lot of which are pretty administrative in nature. I do most of our appointment scheduling, reviewing of questionnaire data, & the very important responsibility of keeping all of our documentation up to date and compliant with our Institutional Review Board and the Good Clinical Practice guidelines. But, my favorite part of my job is

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getting to interact with all of our subjects. Going out to do recruitment tables or informational briefings with squadrons at Lackland are always fun for me. But I also get to coordinate all of the annual follow-ups for our part of the study cohort. I really enjoy getting to follow up with everyone each year. I think that is something really special about the nature of the NOISE Study and I love being a part of this awesome, hard-working team!

How has the COVID-19 pandemic impacted your work?

It has been an interesting time, that is for sure! Since mid-March our team has been working almost exclusively remotely. It is also at that time that we decided to postpone any in-person appointments that we had scheduled and stop all other in-person research activities. Luckily, earlier this year we transitioned from paper questionnaire packets to the electronic questionnaires on REDCap. So, I've been staying busy continuing to collect annual questionnaire data as well as working on a couple of publications that should be coming out soon!

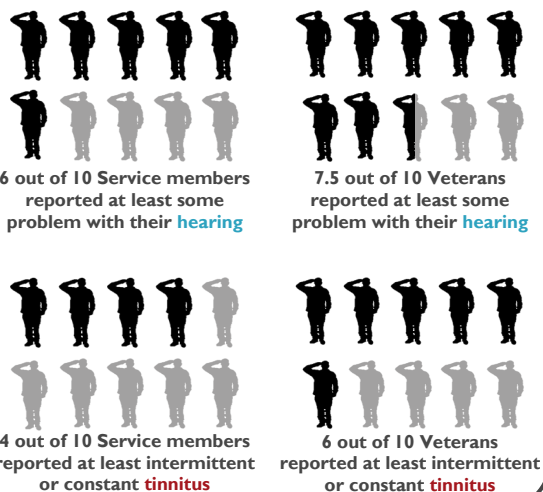
When you're not working on the NOISE Study, what do you enjoy doing in your free time?

Outside of work I serve as the Vice-Chair on the board of directors for a new nonprofit clinic called Bridging Whole Health. We are a very new organization and are in the critical foundation-building steps, but we are hoping to have a brick-and-mortar clinic open in 2021. Other than that, I've been staying busy planning my upcoming October wedding! Then when I have time to actually relax I love to drive around Texas to visit family, play with my 2 dogs, or watch Dexter or Gray's Anatomy for the 30th time! 🐾

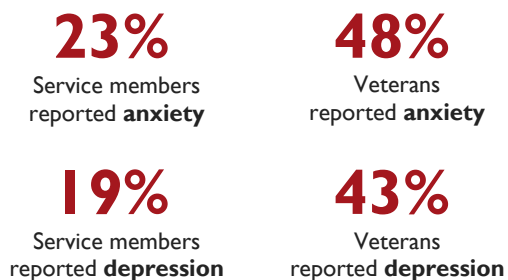


Data Updates

NOISE Study findings reveal that:



Self-Reported Anxiety & Depression*



* Self-reported statistics are sourced from enrolled NOISE Study participants. For more information on this topic as it relates to military and Veteran populations, you may visit www.research.va.gov/topics/mental_health.cfm

If you or anyone you know are experiencing complications, related to your hearing and/or tinnitus, please seek help from your medical provider or other help resources.

Resources:

- "How's your Hearing? Ask an Audiologist" — www.howsyourhearing.org
- American Speech-Language Hearing Association — www.asha.org/public
- American Tinnitus Association — www.ata.org

If you are experiencing extreme depression or suicidal ideations, **please ask for help!** The Veterans Crisis line is 100% confidential and is available 24/7.

Call: 1-800-273-8255 and press 1 when prompted

Text: 838255

Talk to someone online: www.veteranscrisisline.net

Findings from the NOISE Study
have been shared at
28 conferences
and have been published in
9 papers/journals!

Recent NOISE Study Presentations:

- Joint Defense Veterans Audiology Conference (JDVAC), 2019, Grapevine, Texas
- American Auditory Society (AAS) Research Conference, 2020, Scottsdale, Arizona
- Collaborative Auditory Vestibular Research Network (CAVRN), 2019, Boston, Massachusetts
- Military Health System Research Symposium (MHSRS), 2019, Kissimmee, Florida
- National Hearing Conservation Association (NHCA) Annual Conference, 2020, Destin, Florida
- National Center for Rehabilitative Auditory Research (NCRAR) Conference, 2019, Portland, Oregon

Recent NOISE Study Publications:

- **Tinnitus Today**
Winter 2018—Volume 43—
p 10-13
Traumatic Brain Injury and Tinnitus in Military Veterans and Active-Duty Service Members
J.A. Henry, K. Reavis, T.L. Zaugg,
- **Military Medicine**
March-April 2019—Volume 184,
Issue Supplement 1—p 604-614
Impact of Tinnitus on Military Service Members
J.A. Henry, S.E. Griest, C. Blankenship, E.J. Thielman, S.M. Theodoroff, T.L. Hammill,
K. Carlson
- **Scientific Reports**
July 15, 2019—Volume 9—Article
number 10204
Decreased Sound Tolerance Associated with Blast Exposure
S.M. Theodoroff, K.M. Reavis, S.E. Griest, K.F. Carlson, T.L. Hammill, J.A. Henry

Do you or someone you know want to be a part of the NOISE Study?

We are continuously recruiting new participants for the NOISE Study. If you or someone you know is interested in participating, please reach out to your local NOISE Study Coordinator.

Requirements for participation:

- Current military personnel (i.e. National Guard, Reservist, Active Duty) **OR** Veterans who have recently separated or retired from service within the last 2 ½ years (San Antonio participants must be TRICARE eligible)
- Between 18-62 years of age
- Live within a reasonable driving distance to either study site and are willing to come in for a baseline hearing evaluation

NOISE Study Coordinators:

Portland, OR: Brandon Smith—503-220-8262 Ext. 58269
San Antonio, TX: Jordan Cline—253-381-0944



The NOISE Study is primarily examining long-term effects of military and non-military noise exposures on auditory functioning among Veterans and active duty Service members. This study, which includes comprehensive hearing evaluations, offers an unprecedented opportunity to investigate the impact of tinnitus and hearing loss on active duty Service members.

National Center for Rehabilitative Auditory Research (NCRAR)

VA Portland Health Care System
3710 SW US Veterans Hospital Rd.
NCRAR/P5
Portland, OR 97239



Veterans Health Administration

Hearing Center of Excellence

Wilford Hall Ambulatory Surgical Center
1100 Wilford Hall Loop
Bldg. 4554
JBSA—Lackland AFB, TX 78236



DEPARTMENT OF DEFENSE
HEARING CENTER OF EXCELLENCE

For more detailed information about the NOISE Study, visit our web page at:
https://www.ncrar.research.va.gov/Join_Research_Study/NOISEStudy.asp