

Hearing Matters

Middle TN Ear, Nose & Throat

Spring/Summer 2011

Teens at Risk

Research studies are showing a rise on teen hearing loss. The Journal of American Medical Association published an article in the August 2010 issue that stated teen hearing loss has jumped 31% overall from 1988-1994 to 2005-2006. The study also said that 1 in 5 American teens ages 12-19 had hearing loss in 2005-2006. That's over 6 million adolescents.

This disturbing trend is possibly due to loud music delivered directly into the ear canal through iPods and Mp3 players. To prevent noise induced hearing loss sound should not exceed 90 dB for more than 8 hours. Teens typically listen to personal music devices for approximately 8 hours a day. Listening to music louder than 90 dB will cause an irreversible noise induced hearing loss.

Educating teens as well as others about the danger of listening to sounds too loudly is one of the best ways to make sure noise induced hearing loss is avoided. Other dangerous sounds include firearms, power tools, lawn mowers, and motorcycles.

Knowing that you will experience some loud sounds in your lifetime, wear hearing protection devices to prevent damage. *Noise induced hearing loss is the only hearing loss that can be prevented!*

How can I tell if I am listening to dangerous noise levels?

- You must raise your voice to be heard.
- You can't hear someone 3 feet away from you.
- Speech around you sounds muffled or dull after you leave the noisy area.
- You have pain or ringing in your ears (this is called "tinnitus") after exposure to noise.

What are some loud sounds?

- Painful, 120 dB to 150 dB:
fireworks at 3 feet, firearms, jet engine, jackhammer, siren
- Extremely loud, 90 dB to 110 dB:
maximum output of some Mp3 players, chain saw, lawn mower, hand drill, passing motorcycle
- Very Loud, 80 dB to 90 dB:
blow dryer, kitchen blender, food processor
- Moderate, 60 dB:
typical conversation, dishwasher, clothes dryer

If you are exposed to any loud sounds, you should protect your hearing by wearing earplugs! To get custom earplugs, contact our office.

Interested in what other hearing impaired people are up to?

Nashville Hearing Loss Association meets the 2nd Saturday of each month at Emmanuel Lutheran Church, 1003 Hickory Hill Lane, Hermitage, TN. They have a pot luck lunch at noon then have the meeting at 1:00. They typically congregate during the afternoon before heading out to dinner. Check them out at nashhhville.org and sign up for their monthly newsletter.

1370 Gateway Blvd, Ste 100
 Murfreesboro, TN 37129

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Murfreesboro

1370 Gateway Blvd, Ste 100
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May is Better Hearing Month

On Thursday, May 12 from 1:30 until 4:00 p.m., we will be hosting a healthy hearing event. There will be light refreshments, give-aways, and goody bags!!!

Come celebrate better hearing with us!

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For more information, visit our website at www.hearingmatters.org