

# Ask a Doctor of Audiology

About hearing loss and hearing devices



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**Q.** Our teenage grandson loves his iPod. We're concerned that he may be playing it too loud. Can this cause a problem?

**A.** Yes. Noise induced hearing loss is the most common cause of hearing problems in young and senior adults. Ask any baby boomer about their hearing difficulties and they'll tell you it was caused by rock concerts and noise. iPods are the modern equivalent of those outdoor rock concerts, but can actually be worse for your hearing due to the increased length of exposure encountered with portable MP3 players. If you own one, limit the volume or exposure time in order to reduce your risk of hearing loss. Few people understand that noise exposure is cumulative, and hearing damage from noise exposure is permanent. The best way to avoid a progressive hearing loss is to preserve what you have today.

If you are exposed to external noise in your environment (work or leisure), doctors of audiology recommend hearing protection. We regularly fit hunters, construction workers, firemen, police officers, musicians and wood workers with a variety of custom hearing protection devices. Call Helton Hearing Care today and we will gladly recommend the protection you need.

**Call us today (406) 586-0914**

*Have questions? Find us on Facebook  
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