

Hearing Health

A few statistics:

- 28 million Americans suffer from hearing loss and 10 million got their loss from exposure to excessive noise.
- 10% of junior high students have hearing loss and the number increases by several percentage points a year.
- 6 out of 10 college freshman are affected by noise-induced hearing loss
- Many rock musicians, including Ted Nugent and Pete Townsend, have considerable hearing loss.
- A stereo headset at full blast can cause irreversible damage to hearing in only 30 minutes.
- Loud noise can damage hearing and the effects are cumulative; one rock concert may not affect your hearing immediately, but repeated concerts damage hearing over time and the results cannot be reversed.

What can you do about it?

- Wear hearing protection (ear plugs) when you are going to be exposed to loud sounds.
- Consult an audiologist or your doctor if:
 - You have ringing or buzzing in your ears
 - Sound becomes muffled
 - You can hear words, but not understand them.
 - You have difficulty hearing a conversation when background noise is present.

Go to <http://www.etymotic-media.com/sliderule/> for an interesting tool to see how long you can be exposed to various dB levels.

Hearing self-assessment – HOW WELL DO YOU HEAR?

Rate yourself on how well you hear. Read each of the following questions and enter:

4 for a “yes” answer

2 for a “sometimes” answer

0 for a “no” answer

1. _____ Does a hearing problem cause you to feel embarrassed when you meet new people?
2. _____ Does a hearing problem cause you to feel frustrated when talking to family members?
3. _____ Do you have difficulty hearing when someone speaks in a whisper?
4. _____ Do you feel handicapped by a hearing problem?
5. _____ Does a hearing problem cause you difficulty when visiting friends, relatives, or neighbors?
6. _____ Does a hearing problem cause you to attend social activities less often than you would like?
7. _____ Does a hearing problem cause you to have arguments with family members?
8. _____ Does a hearing problem cause you difficulty when listening to TV or radio?
9. _____ Do you feel that any difficulty with your hearing limits or hampers your personal or social life?
10. _____ Does a hearing problem cause you difficulty when in a restaurant with family or friends?

Now, add the points to see where you fall on the following chart: Your total: _____

If your score is:	The probability of hearing loss is:
0 – 8	13%
9 – 23	48%
24 or higher	83%

You can find additional information about hearing loss and protection at www.etymotic.com.

There are several documents, including articles about the need for high quality hearing protection, posted on the Charms website. Go to www.charmsoffice.com and login. They are posted under the Files and Documents button in the Spring Mailing folder.