Hearing Health

What’d you say?

Preventing Hearing Loss

- Remember to turn down the volume when listening to music.
- Use speakers instead of earbuds to listen to music (and turn down the volume on the speakers, too.)
- Listen at 85 decibels or below
- Turn music off for 10 minutes every hour to give your ears a break (sometimes I switch which ear my ear bud is in)
- Consider using earphones that block outside sound, including the noise-cancelling models or in-ear-canal headphones. Source: cbc.ca/news/health

Do

- Yawn or swallow.
- Chew gum
- Gargle w/ warm salt water.

** These actions loosen the Eustachian tubes in your ears to help adjust from pressure build up in altitude changes (like in airplanes or driving through mountains). Source: mayo clinic.org

Don’t

- Use Q-tips. Ear wax (like mucus and sweating) is actually meant to protect and help you. Using Q-tips can take away the good wax, could damage the ear drum by going too far in, and can push the wax back too far causing it to get stuck.
- Hold your nose and blow. This motion can tear your eardrums so if you must, do so gently.

Decibel Count
The National Institute of Health notes that prolonged exposure to sounds over 85 decibels can cause hearing loss. To get an idea of where that is...

- Lawnmowers put out 90 decibels.
- The music on at a party that is loud enough to hear and still converse with people around you is 85.
- iPods cranked up are just north of 100 decibels.

Source: macworld.com/hearingprotection

Noise-induced hearing loss is painless, progressive, and permanent.

Get it checked for FREE! The WIU Speech-Language-Hearing Clinic provides hearing screenings and diagnostic evaluations. These services are available to all WIU students, faculty, or staff interested in getting their hearing checked. For more info on the Communication Sciences and Disorder department. 230 Memorial Hall, 309-298-1955, csd@wiu.edu.

FACT: Hearing loss is the #1 disability in the world and it is also the most preventable disability in the world. So protect those ears! (Source: cdc.gov)

FACT: 60% of the Inductees into the Rock and Roll Hall of Fame are hearing impaired.

Your ears are here so you can hear your peers as you walk along piers throughout your years. –MMcK

What do you do when your ears are clogged?

Do

- Yawn or swallow.
- Chew gum
- Gargle w/ warm salt water.

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Don’t

- Use Q-tips. Ear wax (like mucus and sweating) is actually meant to protect and help you. Using Q-tips can take away the good wax, could damage the ear drum by going too far in, and can push the wax back too far causing it to get stuck.
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Don’t block out good, important noise when you’re walking or driving like horns, shouts, or sirens. 74% of pedestrian accidents reported in 2011 involved headphones. Source: LA Times Journal of Injury Prevention

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iPods: The Loudest Quiet Place
I use my ear phones all the time. And it’s hurting my ears. The constant and loud noise is greatly attributing to our generation’s loss of hearing. And unlike vision, we aren’t getting our hearing checked regularly. And we can’t always tell if we can’t hear something. So consider giving your headphones a break or to keep the music turned down to a moderate level. If the person sitting next to you can hear your music, it’s too loud.

When you hear a ringing noise in your ear, it is your brain trying (unsuccessfully) to correct your hearing ability, such as after attending a loud concert or restaurant.

DID YOU KNOW

When you hear a ringing noise in your ear, it is your brain trying (unsuccessfully) to correct your hearing ability, such as after attending a loud concert or restaurant.

Be Well!