

Fall Update

Is your iPod affecting your hearing?

iPods are used and enjoyed by individuals of all ages. They have the potential of causing hearing loss in users when worn at unsafe levels for long periods of time.

Research has shown that if an iPod is turned up to 90% of the maximum volume and a person listens a total of two hours a day, five days a week, they may develop a significant degree of hearing loss in the high frequencies over time. The damaging effect can occur at a lower listening level in children because their ear canals are much smaller, increasing the intensity of the signal in the ear. The symptoms of high frequency hearing loss include difficulty understanding. These symptoms tend to be more noticeable in background noise situations and when people are talking from a distance. A noise induced hearing loss typically progresses gradually and can take up to 10 years to become noticeable.

iPods are also commonly used to mask out loud activities or work, such as mowing the lawn or using power tools. In these cases the volume of the iPod is increased to be heard over the loud noise and is therefore considered to be more damaging to the ears. Ear plugs, such as custom plugs, foam tips, or ear muffs are recommended in these situations.

Are you concerned about what listening levels are safe? How can you protect your ears from loud listening levels? There are solutions to preventing noise induced hearing loss from iPods. A simple solution is turning down the volume of your iPod to a safe level. It has been noted that adult iPod users who listen at approximately an 80% of maximum volume for 90 minutes or less are at less risk of developing a noise induced hearing loss. When the volume exceeds 80% of maximum the duration of listening should be reduced or the risk for hearing loss will increase. Settings inside the iPod can be set to limit the maximum volume in the device. In addition, use earbuds that limit the volume of the iPod or MP3 player called Kidzsafe Earbuds. Kidzsafe Earbuds are compatible with any audio device and no matter how high the device volume is turned up, the volume level will always remain below 85 decibels. Kidzsafe earbuds are marketed to children, however; adults can also benefit from these sound limiting earphones. Please contact Professional Hearing Services if you have any questions or are interested in the Kidzsafe earbuds.

Kidzsafe earbuds are available in pink, blue, and green at a cost of \$20.00.



PROFESSIONAL
HEARING

S E R V I C E S

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Musician Earplugs

Do you ever leave a music concert and notice that your ears are ringing and your hearing has been temporarily affected? Are you a musician who enjoys playing but is concerned about protecting your hearing?

Musician's earplugs are available that provide protection from the loud sounds while maintaining the quality of the music. The filtered earplugs work to dampen the sound while maintaining the frequency response. Plugs are available in both custom and non-custom options. Enjoy music while preserving your hearing. Prices ranging from \$12 -\$145.



Start Protecting Your Ears Today

Email us at
www.audiology@professionalhearingervices.com

Request to receive your newsletter by email and we will send you a pair of EAR plugs to protect your ears.

Hunting Protection

With hunting season approaching it is important to think about the effects that a gun can have on your hearing health. Shotguns have a sudden impact sound that can reach up to 140 + decibels. It is important to consistently wear hearing protection when shooting a gun to prevent significant hearing loss.

Earmuffs are a wonderful way to protect your hearing when target shooting. We often are told that it is not practical to use them when hunting because they limit the sounds around you. Not wearing hearing protection is not an option. Use hearing protection designed for hunters.

Hunters can use either filtered earplugs or amplified hunter's hearing protection. Both of these types allow the sounds of nature to come through. The custom filtered earmold instantaneously closes when damaging noise levels are reached, therefore; protecting the ears from the impact of the gun shot. These custom earplugs give you essentially normal hearing otherwise and are available for \$100. Amplified hunter's hearing protection, such as; the Magnum Ear, help to protect the ear from the loud impact noise while amplifying the sounds of nature. Magnum Ear devices come in three levels, silver, gold, and platinum. Some features include wind noise reduction, mute, and t-coil functions. These devices can range in price from \$400 to \$600.



Filtered earplug



Magnum Ear

If you are interested in exploring your options for custom hunting protection. Please call our office at 262-549-5150 to make an appointment. The wait time is approximately two weeks from time of order until the time of pick up.

