

Healthy Hearing

Prevent Music/Noise Induced Hearing Loss

Use Hearing Protection: specialized ear plugs and custom molds at concerts, dances, using the lawnmower, power tools, firearms, etc

Acceptable Listening Levels for a safe daily noise dose:

iPOD at 50% volume = unlimited (<85dB)

60% volume = 4.5 hrs (87dB)

70% volume = 1.5 hrs (92dB)

80% volume = 23 mins (98dB)

90% volume = 4 mins (106dB)

100% volume = 1 minute (111dB)

When listening in a noisy place use isolator or noise canceling earphones to get more enjoyment from less volume (be safety conscious)

Music Induced Hearing Loss Facts

- MIHL is the leading cause of hearing loss in young adults
- Over 5 million 6-19 year olds have MIHL, over 12%
- MIHL happens gradually, you don't notice it
- Exposure to loud music and noise is cumulative
- MIHL can be prevented

Signs and Symptoms of MIHL

- Temporary hearing loss, sounds are muffled
- Permanent high frequency hearing loss, you can hear but not understand
- Tinnitus: ringing or buzzing in the ears
- Abnormal Pitch Perception
- Hypersensitivity to sound



For More Information Please Contact:

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