

# EARBUDS & NOISE

## RISK AWARENESS



## HEARING HEALTH DECISIONS

IN THE U.S., IT IS ESTIMATED UP TO 17% OF 6-19 YEAR OLD CHILDREN AND ADOLESCENTS  
AND UP TO 24% OF 20-69 YEAR OLD ADULTS

**HAVE PERMANENT HEARING DAMAGE FROM EXCESSIVE EXPOSURE TO NOISE.**<sup>[1]</sup>

### DID YOU KNOW? With noise-induced hearing loss...

On a global basis, 1.1 billion young people are at risk of hearing loss due to their misuse of personal audio devices, such as smart phones.<sup>[2]</sup>



Earbuds worn directly in ear canals produce 7-9 decibels higher sound and increase the risk of permanent damage in as few as 8 minutes of listening.<sup>[3]</sup>

### Experience safe hearing and keep the **60/60 Rule**<sup>[4]</sup> top of mind:

To minimize hearing loss damage, listen to music with earbuds...



for no more  
than **60 minutes**  
per day,



at no more  
than **60% of**  
**maximum volume.**



### **Noise-induced hearing loss is 100% preventable.**

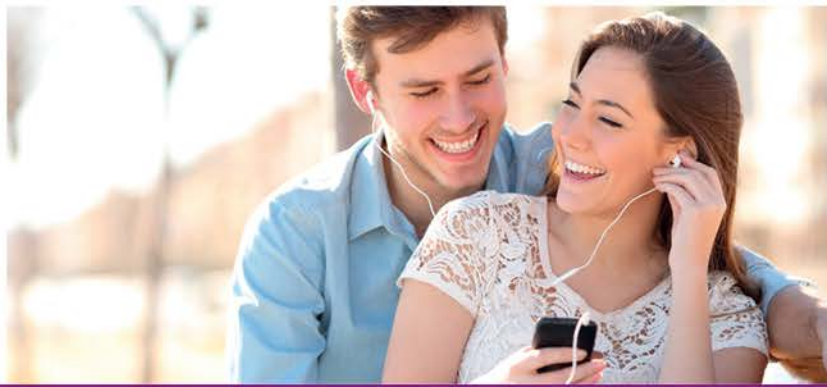
Parents and caregivers lead by positive example and help kids learn healthy hearing habits. See our experts for sound and trusted advice.



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[1] <https://www.nidcd.nih.gov/health/noise-induced-hearing-loss#21> [2] Etienne Krug, *et al*: Hearing loss due to recreational exposure to loud sounds, A review. World Health Organization 2005 [3] Northwestern University, iPod's Popular Earbuds: Hip Or Harmful? *Science Daily* 2005 [4] Portnuff, *et al*: Teenage Use of Portable Listening Devices: A Hazard to Hearing? *Journal of the American Academy of Audiology* 2011.



## ARE YOU AT RISK FOR NOISE-INDUCED HEARING LOSS?

### ✓ Check all that apply

- I have difficulty understanding speech in the presence of background noise or in a crowded restaurant.
- I avoid social situations that require me to participate in conversations.
- I avoid the movies or theater because I miss so much.
- I have greater difficulty understanding females and children.
- My family and friends complain that I am not hearing accurately.
- Others notice that I turn the volume on my television or radio too loud.
- I have difficulty conversing on the telephone.
- I ask others to repeat themselves often during conversations.

### ✓ Questions I'd like to ask my Hearing Health Expert

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



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