

Noise-Induced Hearing loss

When we are exposed to harmful noise-sounds that are too loud or loud sounds that last a long time, sensitive structures in our inner ear can be damaged. This causes noise induced hearing loss (NIHL). These sensitive structures, called hair cells, are small sensory cells in the inner ear that convert sound energy into electrical signals that travel to the brain. Once these hair cells are damaged, they cannot grow back.

Scientists once believed that the pure force of vibrations from loud sounds caused the damage to hair cells. Instead, recent studies have shown that exposure to harmful noise triggers the formation of molecules inside the ear that can damage or kill hair cells.

When a person is exposed to loud noise over a long period of time, symptoms of NIHL will increase gradually. The sounds a person hears may become distorted or muffled. While the person may not be aware of the loss, it can be detected with a hearing test. NIHL can also be caused by a one-time exposure to an intense sound, such as an explosion, or by continuous exposure to loud sounds over an extended time period.

People of all ages can develop NIHL. Exposure occurs in the workplace, in recreational settings, and at home. NIHL is 100% preventable. Everyone should understand the hazards of noise and how to practice good hearing health. To protect your hearing, remember three words: Walk, Block and Turn:

- Walk away from loud sounds
- Block noise by wearing earplugs or other hearing protection devices when involved in a loud activity
- Turn the sound down on stereos & mp3 devices
- Know which noises can cause damage (those at or above 85 decibels)
- Be alert to hazardous noise in the environment
- Protect the ears of children who are too young to protect their own
- If you suspect hearing loss, get a hearing test by an audiologist



Too Much Noise: Bad for Your Ears & for Your Heart

We've long known that too much noise damages our ears and our ability to hear. But a growing body of research shows that people with long-term exposure to loud noise may be more likely to develop heart disease.

Many studies show a tie between cardiovascular disease and hearing loss. In fact, researchers from Wichita State University analyzed 84 years of work from scientists worldwide on the connection between cardiovascular health and the ability to hear and understand what others are saying. Their work reviewed 70 scientific studies & did confirm a direct link.

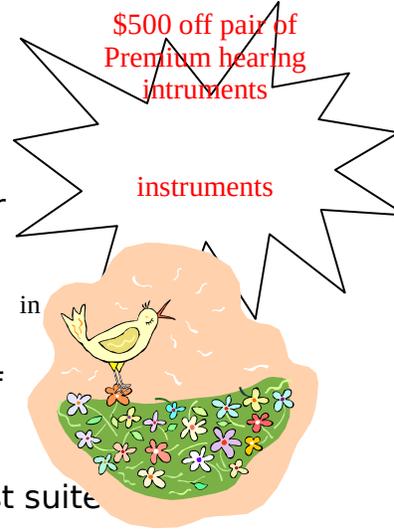
David R. Friedland, MD, PhD was quoted in a 2015 BHI press release as stating "The inner ear is so sensitive to blood flow that it is possible that abnormalities in the cardiovascular system could be noted here earlier than in other less sensitive parts of the body."

Since the ear may be a window to the heart, both are affected by some of the same behaviors. Just as exercise is good for your heart, research shows it's also good for your hearing.



Samantha Lewandowski, AuD, Dana Fiske, AuD
Erica Regan, AuD, Nancy Charest, AuD

Come to our Springtime Hearing Event
Spring will be here soon. Are you feeling isolated from nature or things you love? Join us March 29th-31st, we can help!



We will perform a visual examination of your ear canal, evaluate your current hearing ability and determine the type of hearing loss you may have.



Let's discuss your current lifestyle. Tell us about the types of sound environments you frequent. This will help us understand the level of technology best suited for your lifestyle.



You DO have options! We will show you the hearing aids that are best suited for your hearing loss type and lifestyle.

Portsmouth

330 Borthwick Ave., Ste 209
Portsmouth, NH 03801
603-436-8668

- FREE hearing evaluation and consultation
- FREE 4-year warranty & FREE batteries
- FREE cleaning of your current instruments
- 45 day no-risk trial

Stratham

62 Portsmouth Ave.
Stratham, NH 03885
603-778-7620

Space is limited! RSVP today

Professional Audiology Center
 330 Borthwick Ave, #209
 Portsmouth, NH 03801

Spring 2016 Newsletter

Hearing Loss and Hearing Aids

- *1 in 5 Americans ages 12 and over have a hearing loss
- *Approximately 1/3 of people ages 65 to 74 and nearly half of those over 75 have hearing loss
- *It's estimated that 12.5% of US children ages 6-19 show evidence of noise induced hearing loss
- *The risk of dementia may be up to 5 times greater among people with untreated hearing loss
- *Untreated hearing loss is linked to a threefold increased risk of falling
- *Around 10 million people in the US have permanent, irreversible hearing loss due to noise or trauma
- *Hearing aids have been shown to reverse negative psychological & emotional changes from untreated hearing loss
- *Older adults who use hearing aids show reduced depression symptoms and improved quality of life

Treating Hearing Loss Shows the World

You Value Relationships — You Like to Be Active — You Love Life & Value Your Happiness