

# MYTH

VS

# FACT

## THE TRUTH ABOUT HEARING LOSS

### MYTH

Portable music and video devices do not affect your hearing.



### FACT

1.1 billion people are at risk for hearing loss due to unsafe personal use of portable music devices.



#### WHAT TO DO

Limit your use of portable devices and keep the volume level at the half-way point or under. If you have to take out your ear buds to hear someone speaking at an arm's length away, the volume is probably unsafe.

### MYTH

Hearing loss does not affect newborn babies.



### FACT

Approximately 6 out of 1,000 babies have a significant hearing problem at birth. And, more than 4,000 babies are born with a hearing loss each year.



#### WHAT TO DO

Make sure your newborn's hearing is screened before leaving the hospital or within the first couple weeks of life. If he or she does not pass the screening, schedule an appointment with an audiologist.

### MYTH

Everyone who has hearing loss is older than age 65.



### FACT

Half of those individuals with hearing loss are younger than age 65.



#### WHAT TO DO

If you suspect a hearing loss or have ringing in the ears, visit an audiologist.

### MYTH

Everyday loud activities do not affect your hearing.



### FACT

Noise-induced hearing loss can be caused by lawn/farm equipment, concerts, sporting events, firework shows, hair dryers, firearms, and alarm clocks. A single exposure to excessive noise can also cause permanent hearing loss.



#### WHAT TO DO

Noise-induced hearing loss is permanent and is almost always preventable! Wear hearing protection when around sounds louder than 85 decibels, turn down the volume, and walk away from loud noise.

### MYTH

Dizziness and balance disorders are simply inconvenient and not that harmful.



### FACT

Untreated dizziness and balance disorders can increase fall risk and result in hip fractures, broken bones, and head trauma.



#### WHAT TO DO

If you feel dizzy regularly or suspect a balance disorder, visit an audiologist who specializes in vestibular evaluation and treatment.

### MYTH

Hearing loss does not affect your day-to-day life.



### FACT

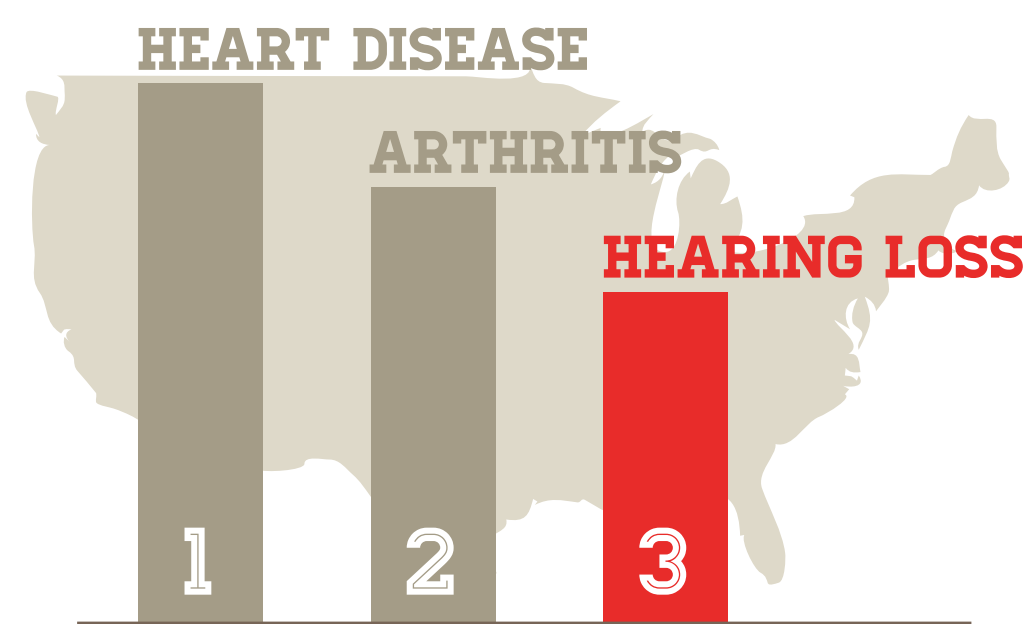
Individuals with untreated hearing loss are often excluded from communication and have feelings of loneliness, isolation, depression, and frustration.



#### WHAT TO DO

If you suspect a hearing loss, visit with an audiologist who can evaluate your condition and provide rehabilitation and treatment.

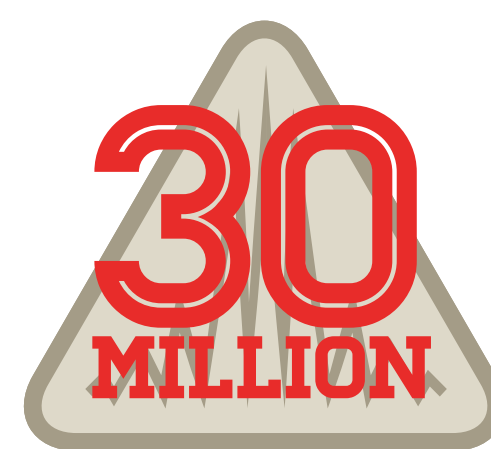
HEARING LOSS IS THE THIRD MOST COMMON HEALTH PROBLEM AMONG OLDER ADULTS IN THE U.S.



APPROXIMATELY 1 IN 8 CHILDREN AGES 6-19 HAVE NOISE-INDUCED HEARING LOSS.



APPROXIMATELY 30 MILLION WORKERS ARE EXPOSED TO HAZARDOUS LEVELS OF NOISE ON THE JOB.

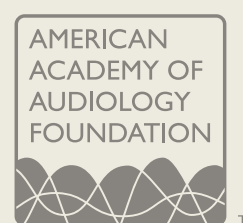


AMERICAN ACADEMY OF AUDIOLOGY

**FACT: Audiologists are the primary health-care professionals who evaluate, diagnose, treat, and manage hearing loss and balance disorders in adults and children.** If you think you may have a hearing loss, visit [www.howsyourhearing.org](http://www.howsyourhearing.org) and click on "Find an Audiologist."

Statistics and facts courtesy of the World Health Organization (WHO), the National Institute on Deafness and Other Communication Disorders (NIDCD), and the Centers for Disease Control and Prevention (CDC).

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HYPERSOUND hearing solutions