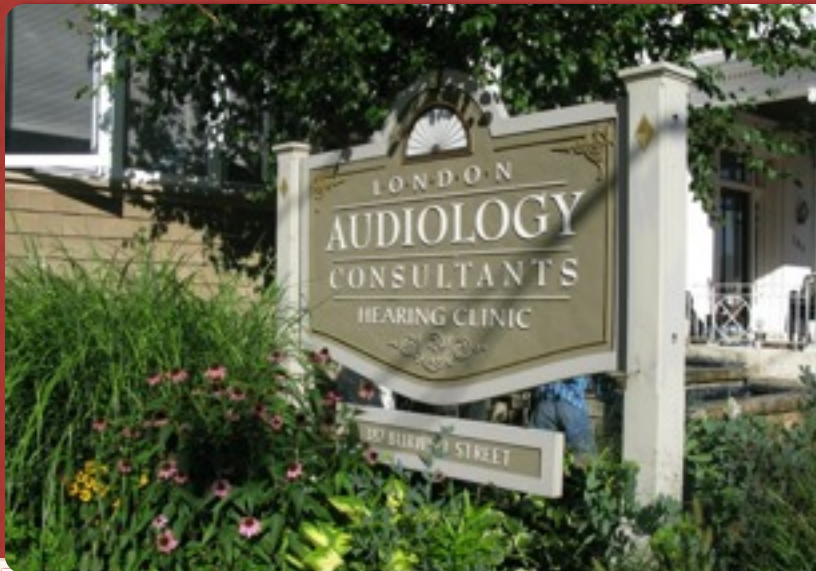


ON THE EAR WAVES

The Official Newsletter of London Audiology Consultants



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SAFETY AND YOUR HEARING

We use our hearing and other senses to connect with the world around us. In the past, a person's survival depended upon being able to hear and see dangers in the environment. In the modern world survival skills are different but our hearing still alerts us to potential hazards in our environment. We often hear a warning sound before we see the danger. When we can't hear properly we place ourselves and others at a higher risk.

If you have a hearing loss and are concerned about not hearing a potential hazard then hearing aids can help. With hearing aids you will be more aware of your environment increasing your chances of detecting any danger. You will also be able to communicate and understand any

instructions or directions given if you find yourself in a difficult situation.

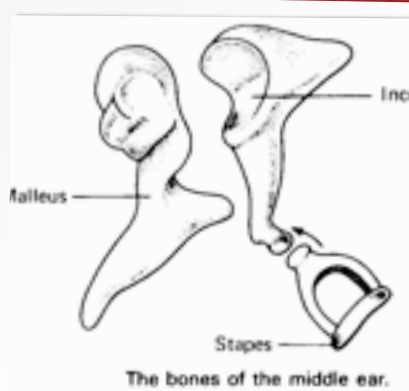
In addition to hearing aids alerting devices for smoke detectors, baby monitors, telephones and doorbells are also available. These systems work with either visual (e.g., lamp flashing) or vibrotactile signals. This can provide reassurance as you will be more aware of your environment.

If you are concerned about your own safety or the safety of a family member due to reduced hearing, please call and come in for a consultation. We provide first time complimentary hearing testing. Let us make YOUR world a safer place.

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Noise and Hearing Loss

Loud noise can be very damaging to hearing. Both the level of noise and the length of time you listen to the noise can put you at risk for noise-induced hearing loss. Noise levels are measured in decibels (dB). The higher the dB level, the louder the noise. Sounds that are louder than 85 dB can cause permanent hearing damage. (See the chart below for levels of common sounds.) The hearing system can be injured not only by prolonged exposure to high noise levels but also by a loud blast or explosion.

Exposure to loud noise can cause fatigue and irritability. Noise can reduce your ability to pay attention to tasks and can also reduce productivity.

Loud noise can also cause other physical problems, such as: high blood pressure, increased or abnormal heart rate, upset stomach and insomnia or difficulty sleeping.

Another common effect of loud sound on hearing is tinnitus. Tinnitus is ringing, buzzing, or other sounds in the ear.

What can you do to protect your ears?

Wear proper hearing protection. Earplugs can reduce noise by 15 to 30 decibels. You can choose standard earplugs or another option is custom earplugs. They may be more comfortable as they are made to fit your ears by taking ear impressions.

If you are interested in custom earplugs, please contact our office for further information.

Earmuffs fit completely over both ears. Like earplugs, muffs can reduce noise 15 to 30 dB. Earplugs and earmuffs can be used together to achieve even greater sound reduction. It is important to use hearing protection but it is even better to limit your exposure to loud sounds. Do not listen to loud sounds for too long and if possible lower the loudness of the sound. For example limit your use of personal listening devices and set them to no more than half volume.

If you are routinely exposed to noise, it is recommended that you have your hearing checked regularly. If you are concerned about your hearing, please call for a complimentary initial hearing test. **Call us at 519 435-1899.**



The Ear-Resistibles

The Ear-Resistibles is a group of staff members and their families who participate in local charity fund raising events.

On June 10th The Ear-Resistibles made their debut at the Crohn's and Colitis Foundation (CCFC) annual Gutsy Walk.

In spite of high heat and humidity every member of the team completed the 5 km course. We raised over \$1600 for the CCFC.



Sensational Facts

Our eyes are always the same size from birth, but our nose and ears never stop growing.

Sneezes regularly exceed 100 mph (160 kph).

The ear's malleus, incus and stapes (otherwise known as the hammer, anvil and stirrup) are the smallest bones in the human body. All three together could fit on a penny



Levels of Everyday Sounds

120 dB = jet plane takeoff, siren
106 dB = gas lawn mower
90 dB = passing motorcycle
80-90 dB = blow-dryer
70 dB = busy traffic, vacuum cleaner
60 dB = typical conversation
50 dB = moderate rainfall
30 dB = whisper, quiet library

