

The Villages Health®

AUDIOLOGY PATIENT NEWSLETTER
July 2022

Prevent Hearing Loss, An Urgent Sense



With baseball season in full swing, sports analogies can hit the mark. Whether the baseball diamond, football field, golf course, pickle ball court or hockey rink, each Operating Environment is uniquely prepared.



Personally, we all experience **Operating Environments** at home, work and play, every day. Each features different facets including place, space, people density, décor, lighting and acoustics. Truly, peaceful walks in the woods stand in stark contrast to work settings or noisy restaurants.

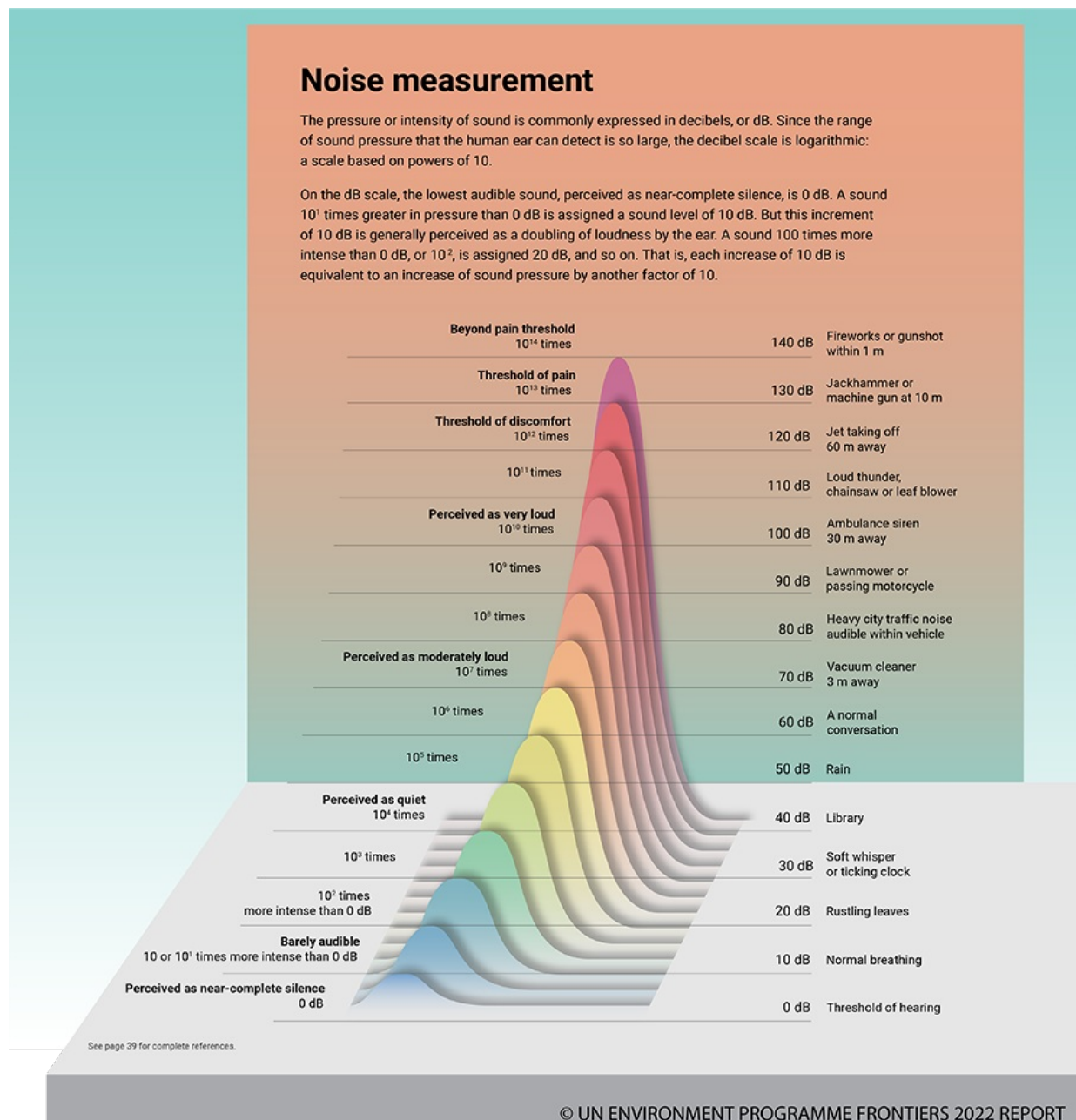
It is crucial to comprehend how to **safely interact** with various environments we are exposed to. At a federal level, the Environmental Protection Agency's (EPA) complex mission is *"to protect human health and the environment."*¹

Among the EPA's core goals are to ensure:

- *Americans have clean air, land and water;*
- *National efforts to reduce environmental risks are based on the best available scientific information;*
- *All parts of society--communities, individuals, businesses, and state, local and tribal governments--have access to accurate information sufficient to effectively participate in managing human health and environmental risks;"*¹

¹ <https://www.epa.gov/aboutepa/our-mission-and-what-we-do>

To learn more about **Noise Measurement**, please explore the [United Nations environment programme Frontiers 2022](#) report on “Listening to Cities,” in which this explanatory visual on decibels (dB) is shown:



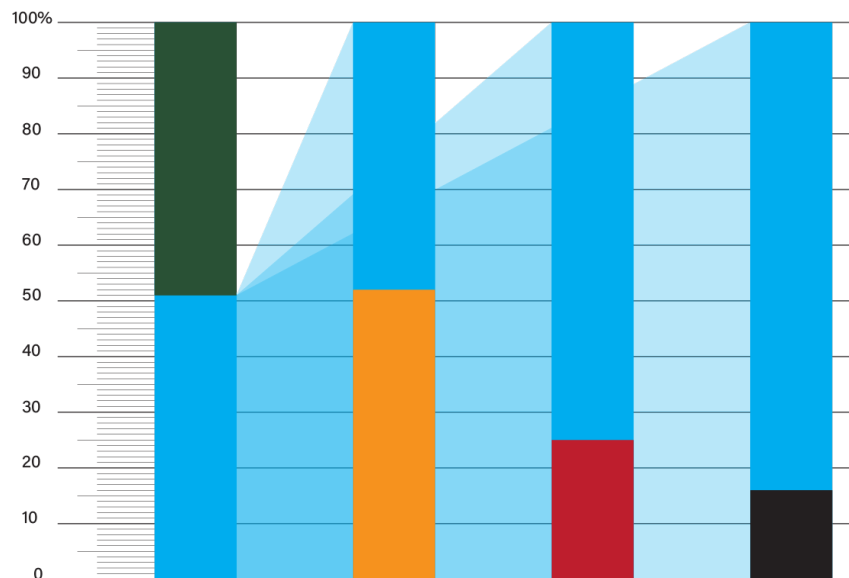
[View larger](#)

At a workplace level, the [Occupational Safety and Health Administration](#) (OSHA) describes: “Noise and vibration are both fluctuations in the pressure of air (or other media) which affect the human body. Vibrations that are detected by the human ear are classified as sound. We use the term ‘noise’ to indicate unwanted sound. Noise and vibration can harm workers when they occur at high levels, or continue for a long time.” 2

Further, “The Center for Disease Control (CDC) estimates that 22 million workers are exposed to potentially damaging noise at work each year. Whether you work at a sports venue, on a tarmac, or operate a jackhammer—hearing loss is preventable.”²

To exemplify industrial exposures, the CDC reports:

- About 51% of **all workers** in Construction have been exposed to hazardous noise.
- 52% of **noise-exposed** Construction workers report **not wearing hearing protection**.
- About 25% of **noise-exposed** tested Construction workers have a **material hearing impairment**.
- 16% of **noise-exposed** tested Construction workers have **hearing impairment in both ears**.³



² <https://www.osha.gov/noise>

³ <https://www.cdc.gov/niosh/topics/ohl/construction.html>

*“Wisdom is knowing what to do next.
Virtue is doing it.”*

—David Starr Jordan

To raise awareness, encourage prevention and facilitate change for the better, The National Institute for Occupational Safety and Health (NIOSH) Sound Level Meter App is available to download on mobile iOS devices for measuring workplace sound levels. By combining advanced features which detect and assess sound levels, workers can proactively raise evidence-based alerts for necessary conservation protocols.

While we take your hearing care seriously,
a little laughter goes a long way.

Good Humor, Healthy Hearing



SOUNDS RISKY!

With *Better Hearing, Better Community* ambitions to prevent Noise-Induced Hearing Loss (NIHL), **helpful hints** hitting closer to home include:

- Being aware which environmental noises may be hazardous, then telling family and friends
- Wearing higher quality and properly fit protective devices when participating in loud activities
- Quickly distancing yourself from loud noises which are unavoidable
- Protecting the ears of children in vulnerable scenarios, beginning at early ages
- Consistently getting evidence-based hearing exams to assess your type and degree of loss

During the season when Independence Day is celebrated, we educate those entrusted in our care to better understand how to **free themselves from NIHL**. Please see us for periodic exams which provide essential status reports on your hearing acuities and measurable changes which require tracking. Count on us to provide trusted advice on how to avoid irreversible hair cell damage and hearing conservation for life.

While fireworks are once a year, preserving healthy hearing should be your **daily pursuit**. Now that you know, lead by positive example, not just when fireworks are going off, but during all times when a sense of safety will serve you and your loved ones well.

VISIT OUR WEBSITE

[LEARN MORE](#)

Schedule an appointment for you or your loved ones.
(352) 674-1799



The Villages
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Audiology Department

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