

Script – Broadcast – What’s all that noise about?

Intro

Chris Workman, an audiologist with OSF HealthCare, loves to crank up his music from time to time. But since it’s his profession, he knows the dangers of loud noise and the lasting impact it can have on his hearing.

Our listening habits could be doing more harm than good. Especially for younger people. A recent [study](#) published in the BMJ Global Health Journal cautions that between 670 million and 1.35 billion teens and young adults could face hearing loss due to unsafe habits.

The study analyzed data from 33 studies covering more than 19,000 people between the ages of 12 to 34. Researchers concentrated on two main sources of loud music exposure: Live music events and personal listening devices, like headphones and earbuds.

Listening to sounds at a decibel level of 85 or higher for long or a repeated amount of time can cause hearing loss.

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Dr. Workman doesn’t see many young adults in his practice. But when he does, he makes sure to give them a reminder about taking care of their hearing. Ongoing bad listening habits can lead to problems within 10 years.

Dr. Workman offers a few helpful tips.

- Wear hearing protection at concerts.
- Sit in the back of the venue, if possible.
- Wear ear plugs.
- Turn the music down. Give your ears a break.

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The best place to start is getting a hearing test to establish a baseline. Dr. Workman recommends testing for people as young as 20-25. In addition to loud noises, there are other reasons for hearing loss such as aging, genetics, certain medications and diseases like diabetes.

Dr. Workman says the bottom line is to use common sense when it comes to your hearing. Afterall, the last thing you want as a young person is to be fitted for hearing aids.

((SOS))

Dr. Chris Workman, audiologist, OSF HealthCare

“A lot of us feel invincible at that age, so we tend not to take that message to heart. Hopefully they understand the potential damage they could do.” (:12)