

Health Highlights | Young people and hearing loss (Audio)

<<(I'M TIM DITMAN WITH TODAY'S HEALTH HIGHLIGHTS FROM OSF HEALTHCARE.

CHRIS WORKMAN LOVES TO CRANK UP HIS MUSIC FROM TIME TO TIME. THE OSF AUDIOLOGIST SAYS 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 PUBLISHED STUDY CAUTIONS THAT BETWEEN SIX HUNDRED SEVENTY MILLION AND MORE THAN ONE-POINT-THREE BILLION TEENS AND YOUNG ADULTS COULD FACE HEARING LOSS DUE TO UNSAFE HABITS.

RESEARCHERS CONCENTRATED ON TWO MAIN SOURCES OF LOUD MUSIC EXPOSURE: LIVE MUSIC EVENTS AND PERSONAL LISTENING DEVICES LIKE HEADPHONES. LISTENING TO SOUNDS AT A DECIBEL LEVEL OF 85 OR HIGHER FOR LONG OR A REPEATED AMOUNT OF TIME CAN CAUSE HEARING LOSS.

TAKE SOT | 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."

DR. WORKMAN OFFERS A FEW HELPFUL TIPS LIKE WEARING HEARING PROTECTION AT CONCERTS... SITTING IN THE BACK OF THE VENUE... IF POSSIBLE. HE ALSO SAYS TO WEAR EAR PLUGS AND TURN THE MUSIC DOWN ON YOUR HEADPHONES. IF YOU'RE CONCERNED YOU MAY BE EXPERIENCING HEARING LOSS – DR. WORKMAN RECOMMENDS SCHEDULING A HEARING TEST.

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