

PRESS RELEASE
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Noise Pollution is on the Rise *Mill Neck Audiology Advocates for Hearing Health*

With increasing frequency, our ears are under attack from blaring traffic, MP3 players, construction sites, music venues, restaurants and even the amped-up tunes we're subjected to while on-hold. What we may not realize is that this constant exposure to high noise levels can lead to hearing loss, a slowly developing side effect. As a result of escalating noise pollution, the Better Hearing Institute has noted that hearing loss has doubled over the last 20 years and anticipates that by 2025, over 40 million people will be affected.

"Noise is more prevalent than ever. Even toys can be extremely loud, so much so that new regulations require labels to show the noise level emitted. But the bottom line is, any noise above 85 decibels is hazardous to your hearing," says Tanya Linzalone, Director of the Mildred and Frank Feinberg Community Center for Hearing Health at Mill Neck Audiology.

What contributes to this unawareness about hearing loss prevention? "Not enough advocacy! People need to know that the damage to our hearing from constant noise is irreversible. Many don't think to protect their ears because the impact of a loss is not sudden. On the other hand, if you were using a blow torch, you wouldn't hesitate to wear goggles. We need to use the same rationalization with hearing, otherwise, it's too readily neglected," explains Linzalone.

Despite the 'louder is better trend,' Linzalone is encouraged by a slight improvement in public awareness. She acknowledges that while people are still not taking recommendations to heart, they are becoming more cognizant of the significant communication problems that can occur with hearing loss. With that in mind, an ongoing goal for Mill Neck Audiology is educating the public about hearing loss consequences, which can range from feelings of isolation to depression. Linzalone recommends being proactive with our hearing health, since it is unlikely our world will become less noisy any time soon. One way is by using ear protection devices consistently when exposed to damaging noise levels.

Mill Neck Audiology supplies standard and custom ear plugs, as well as noise plugs (molds that decrease detrimental noise), for any lifestyle. Ear muffs, often recommended for very high noise areas, can also be ordered. Linzalone says she has a significant number of clients of various ages seeking plugs at Mill Neck Audiology, including those who work in the dental, construction and music fields. Professionals in these particular jobs face excessive noise on a daily basis, as do truck drivers, toll booth attendants and factory workers.

“Custom plugs are a big hit even with those in ‘cool’ professions, like musicians. We can provide custom-made plugs that allow musicians to hear music in an orchestra, but not experience the damaging effects from loudness. It’s unbelievable...so take advantage!” says Linzalone.

While the experts at Mill Neck Audiology stress that incessant noise exposure causes irreversible hearing damage, noise induced hearing loss is preventable. In addition using ear protection, other suggestions for preserving our hearing include: knowing which noises are especially damaging (see accompanying noise level chart for examples); protecting young children from harmful noises and scheduling an annual audiological exam.

So, if you need advice on hearing health, fr
 If you or someone you know is experiencing
 calling Mill Neck Audiology at (516) 922-4

Noise is measured in units called decibels. This decibel chart shows some examples of sounds and their corresponding decibels. The higher the decibel number, the louder the noise, which increases the risk of hearing loss.

NOISE LEVELS in decibels (dB)		
DAMAGING	140	• Fireworks • Car stereos at full volume
	130	• Ambulances • Jackhammers
UNCOMFORTABLE	120	• Jet planes taking off
EXTREMELY LOUD	110	• Concerts (any musical style) • Car horns
	100	• Motorcycle • MP3 players (turned to full volume)
	90	• Power tools • Lawn mowers • Hair dryers
Over 85 dB for long periods of time can cause permanent hearing loss	85	• Snowblower • Passing diesel truck
LOUD	80	• Alarm clocks
	70	• Traffic • Dishwasher
MODERATE	60	• Normal conversation
	50	• Soft rainfall • Refrigerator
LOW	40	• Quiet library • Computer
	30	• Whisper
SOFT	20	• Rustling leaves