



the Center for Better Hearing

Listening for Life ... A Practice for All Ages

Hearing Loss Risks That You Can Monitor

By Linda Parmiter-Jacobs, M.A., CCC, FAAA
Audiologist

Calling all Smart Phone users:

Download a Sound Level Meter App to rate your risk of damaging your hearing when in a noisy environment. Technology gives you easy access to monitor the level of noise you are exposed to in all types of environments.

Today it is not just the factory worker, the farmer, the hunter, that has noise exposure but those who enjoy “Exercise” when at a spin class, lovers of good food who “Dine” in a noisy restaurant, music lovers who “Attend Concerts” who have an overzealous sound team, and those fans that attend “Sport Events” inside or outside an arena where the goal is louder and louder.

Noise damage can be avoided by knowing the loudness levels that cause damage, using noise protection, turning the volumes down or removing yourself from the situation.

If you want to hear for a lifetime you need to start early and be smart!

Know your numbers for noise damage.



3500 N Rock Road, Bldg 1200, Wichita, Kansas

316-858-3334

