

CY -FAIR HEARING NEWS

Volume 2/ Issue 2

October is National Protect Your Hearing Month

CUSTOM EARMOLDS

Cy-Fair Hearing is pleased to announce that we make custom earmolds for hearing protection. We work with a variety of products for Musicians, Hunters/Shooters, and industrial needs.

We also make custom Swim molds for patients who need to keep water out of their ears.

Call Today for More information and for an appointment



FACTS ABOUT NOISE-INDUCED HEARING LOSS

Approximately 36 million Americans have hearing loss. One in three developed their hearing loss as a result of exposure to noise.

Noise-induced hearing loss is caused by damage to the hair cells that are found in our inner ear. Hair cells are small sensory cells that convert the sounds we hear (sound energy) into electrical signals that travel to the brain. Once damaged, our hair cells cannot grow back, causing permanent hearing loss.

Hearing protection can decrease the intensity, or loudness, of noise and helps preserve your hearing.

Examples of Noise Exposure:

One-time intense “impulse” sound such as an explosion, or by continuous exposure

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- Hearing protection decreases the intensity, or loudness, of noise and helps preserve your hearing.
- Harmful sounds are sounds that are: (1) too loud and last too long or (2) are very loud and sudden.

Continuous exposure to loud sounds over an extended period of time, such as sitting to close during a concert (rock, country, symphony, or any genre of music) may be harmful.

- You may encounter harmful sounds at work, at home, and during recreational activities. (If you work in a hazardous noise environment, speak with your supervisor or compliance officer about OSHA recommendations on your amount of noise exposure.

NOISE IS DANGEROUS IF...

- You must shout over background noise to be heard
- The noise is painful to your ears
- The noise makes your ears ring
- You have decreased or "muffled" hearing for several hours after exposure

The loudness of sound is measured in units called decibels (dB). Noise-induced hearing loss can be caused by prolonged exposure to any loud noise over 85dB.

- 60 dB - Normal conversations or dishwashers
- 80 dB - Alarm clocks
- 90 dB - Hair dryers, blenders, & lawnmowers
- 100 dB - MP3 players at full volume
- 110 dB - Concerts, car racing, and sporting event
- 120 dB - Jet planes at take off
- 130 dB - Ambulances & fire engine sirens
- 140 dB - Gun shots, fireworks, & custom car stereos at full volume

PROTECT YOUR HEARING BY...

- Wearing hearing protection when around sounds louder than 85 dB for a long period of time. There are different types of hearing protection such as foam earplugs, earmuffs, & custom hearing protection devices.
- Contact Cy-Fair Hearing at 281-256-8212 for custom hearing protection devices.
- Turning down the volume when listening to the radio, the TV, MP3 player, or anything through ear buds & headphones.
- Walking away from the noise.
- And, other than hearing protection, do not put anything in your ear!

If you feel you have developed a noise-induced hearing loss, please call Cy-Fair Hearing at 281-256-8212 to schedule a hearing examination by a licensed professional.

Reference: American Academy of Audiology Facts about Noise-Induced Hearing Loss Fact Sheet (www.audiology.org)

We work with Westone and Starkey to offer our patients customized solutions for noise protection. We work with Musicians, Hunters/Shooters and patients who need hearing protection for industrial job settings.

Make an appointment today to come in and have your hearing tested and to talk with our Audiologist about possible noise protection solutions to fit your lifestyle.

PROTECT YOUR EARS ALL YEAR LONG!



Contact Us

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