

# Hearing Loss

## PREVALENCE OF HEARING LOSS:

- 46% of the U.S. who have reported having excellent hearing already have significant hearing damage
- 50% of adults with hearing damage did NOT have high noise occupations
- 40 million U.S. adults who reported having trouble hearing had seen a healthcare provider for their hearing in the past five years

## PROTECTING YOUR EARS:

- Avoid using high volume settings on headphones or in the car
- Don't participate in high risk noise activities without earbuds or protectors (i.e., lawn mowing, etc.)
- Avoid sitting right beside speakers at venues such as movie theaters or concerts
- Set volume limitations on your mobile devices
- Give your ear some breaks: after a call, take some time to let your ears rest in silence

To learn more about hearing loss and how to prevent it, tune into the monthly Strive webinar Wednesday, July 26, 2023, 12:00-12:30 EST



<https://info.kapnick.com/strive-library>



## HOW CAN SOUND DAMAGE OUR EARS:

- Sustained exposure to noise can damage the hair cells in your ears
- Damage to hair cells can gradually reduce your ability to understand in noisy places
- Noise can also damage the auditory nerve that carries information about sounds to your brain



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