

Your Hearing Matters, Here's How to Take Care of It

Description



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Your hearing is a precious thing. The ability to listen to music, hear your children's laughter, and engage in conversation are things that many people take for granted. Hearing is something that is often not appreciated until it starts to deteriorate.

Hearing loss is a relatively common chronic condition. According to figures from the [World Health Organization \(WHO\)](#), approximately 466 million people worldwide have a disabling hearing loss. While some babies are born with a hearing loss, it commonly occurs in later life due to the aging process, but can also develop due to environmental factors. Protecting your hearing is vital, so knowing how you can avoid hearing-related problems is essential to ensure that you enjoy clear hearing for many years to come.

Experiencing hearing loss can have a significant impact on your life. You may struggle to keep up with conversations and feel left out both in social situations and in the workplace. This can impact on your confidence and your sense of [wellbeing](#). It is crucial to remember that hearing loss can happen gradually, which makes it harder to detect. This makes it all the more crucial to take care of your hearing and schedule regular hearing tests to [learn more](#) about your current hearing ability and how you can help improve it. Seeking professional help from an audiologist when you start to notice your hearing deteriorating can slow down the process and will help you to get the right treatment faster.

Here are some common causes of hearing loss and how you can help to prevent them from causing damage to your ears:

Workplace Hearing Damage

Occupational hearing loss is surprisingly common. Figures from the [National Institute for Occupational Safety and Health \(NIOSH\)](#) show that 22 million American workers are exposed to hazardous levels of noise when at work. This means that potentially, millions of workers' hearing is being put at risk during their working day. If you work in an environment that exceeds the recommended noise level, your employer should provide you with ear protection. But remember that if your employer fails to provide your safety and, as a result, you end up getting hurt, you'll be entitled to workers' compensation. To learn or [read more](#) about workers' compensation, visit the given link. If you are self-employed and use noisy equipment for work, you will need to ensure that you take responsibility for reducing the noise levels or wearing ear protection to ensure that you don't damage your hearing.

Music Volume

If you play in a band or blast out your favorite band at home, you could be causing hearing problems. Frequent exposure to music that is above the recommended level can cause damage to your hearing that could be irreparable. Try to keep the volume down to protect your ears, or consider investing in a pair of noise-limiting headphones.

Don't Ignore Ear Issues

Whether you have a blocked up ear, or your ear feels irritated, it is vital that you get it checked out by visiting your doctor. You may have an ear infection that could cause damage if left untreated. Scheduling a consultation to see your doctor will help to identify the issue and allow treatment to start before damage is caused.

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