

What's all the talk about?

Celebrate and Educate! May is Better Speech and Hearing Month

Let's talk about

Hearing Loss

Some information you should know, but might not want to 'hear':

- As many as three out of four children experience otitis media, inflammation of the middle ear, by the time they are three years old.
- Ear infections are the most common illnesses in babies and young children.
- Noise-induced hearing loss (NIHL) is when an individual is exposed to sounds that are too loud for prolonged time periods and, as a result, the delicate inner ear parts are injured. Approximately one third of those Americans with hearing loss can identify 'noise pollution' as one of the contributing factors. Avoid loud noises when possible. If loud noise exposure is inevitable (concerts, lawn mowers, firecrackers, etc.) then wear protection (ear plugs).
- Ear wax is produced by special glands in the skin of the outer ear which helps to protect the ear from outside invaders. Often, a build up of ear wax is caused by the use of cotton swabs or other objects which push the wax deeper into the canal. For the most part, ears are self-cleaning mechanisms. It is best to clean the ears with a wet wash cloth on the outside surface only, and avoid going deeper into the ear canal. Consult with an MD or audiologist if concerns about ear wax or ear infections are present. There are some home ear cleaning remedies available at the pharmacy as well, but again, be sure to consult your doctor first.

"Hear Yee, Hear Yee! The moral of this lesson is, and don't let it be forgotten; use ear plugs to guard against loudness and avoid the swabs made of cotton!"