

## Know the Early Signs of Hearing Loss

(Government of Canada)

If you experience early signs of hearing loss, you should contact your doctor's office to discuss the need for a test or examination. Early signs include:

- Difficulty trying to follow a conversation in the midst of background sounds (e.g. at a social gathering or in a cafeteria).
- The perception that people around you are mumbling.
- Hearing a ringing, buzzing, roaring, or rushing sound in your ear when there is nothing making these sounds. This condition is called tinnitus.



## Is This Really an Issue?

According to the World Health Organization (WHO) report of February 2017, these are the key facts:



**360 million people** worldwide have disabling hearing loss and **32 million of these are children**.



**1.1 billion young people** (aged between **12-35 years**) are at risk of hearing loss due to exposure to noise in recreational settings.



**60% of childhood** hearing loss is due to preventable causes.

Unaddressed hearing loss poses an annual global cost of **750 billion international dollars**.



(WHO **Deafness and hearing loss** Fact sheet  
Updated February 2017)

HEAR  
ENTENDRE

## Are you at risk for Noise-Induced Hearing Loss?



CHIP/CAPA  
since / depuis 1979

Communicaid For Hearing Impaired Persons (CHIP)  
Communicaid pour adultes avec problèmes auditifs (CAPA)

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## What is Noise-Induced Hearing Loss (NIHL)?

According to the Government of Canada, noise-induced hearing loss is caused by overexposure to loud sounds. In some cases, the damage is only temporary. However, repeated exposure to excessive noise for long periods of time can cause permanent damage. So can a single exposure to an intense sound close to the ear, like a gunshot.

Until recently, noise-induced hearing loss was linked mainly to excessive noise in the workplace. Some newer studies suggest that many teenagers and young adults have experienced permanent hearing loss caused by overexposure to loud noise from a variety of everyday activities.

The World Health Organization (WHO) reports that 1.1 billion teenagers and young adults are at risk of developing hearing loss due to the unsafe use of personal audio devices and exposure to damaging levels of sound in noisy entertainment venues.



## Minimizing Your Risk

Here are some tips to reduce the risk of hearing loss due to recreational noise:

- Wear ear protection at sporting events, concerts, even at bars.
- Keep the sound at enjoyable but safe levels!
- Limit the amount of time you spend listening to loud music.
- Turn down the volume and increase the bass boost.
- If possible, reduce background noise so you can use a lower volume level.
- Do not stand beside the big loud speakers at music or sporting events.
- You could also use a feature that is available on many devices to reduce volume differences between songs.
- Keep your volume low, in general, and only turn up the volume for your *FAVOURITE* song.
- Do not wear your headphones all the time; Think about when you can take them off.



## What can we do?

**START** talking about NIHL.

Parents, you can limit your child's exposure to loud noises.

You should also talk about the **IMPORTANCE** of ear protection.

Put up awareness posters and pamphlets in your school, workplace, and communities.



Ask CHIP to come and give a talk about noise-induced hearing loss (NIHL) and prevention.



**TAKE ACTION:** See a hearing health professional if you have any concerns about your hearing.

