

Too Loud? Not Allowed.

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Did you know that ordinary activities you do every day could be robbing you of your hearing? Fifteen percent of Americans ages 20 to 69 – 26 million people – have significant hearing loss as a result of exposure to high noise levels. Most of us understand the importance of using hearing protection in high-noise work environments. But you may not realize that seemingly harmless activities such as mowing the lawn, using a leaf blower or attending a loud concert, can also cause permanent hearing loss.

The statistics on hearing loss among adolescents are even more distressing. According to a recent study in the *Journal of the American Medical Association*, almost 20% of children ages 12 to 19 have suffered significant hearing loss, putting them at risk for social and academic problems. The major cause of hearing loss in this age group is the use of earbuds – in which sound levels can exceed 120 decibels -- with personal listening devices and video games.

That's why RHSC has launched a Public Service Campaign to education the public about the dangers of noise. We kicked off *Too Loud? Not Allowed.* with a media event in September and will be promoting noise awareness and the importance of hearing protection on an ongoing basis.

Several celebrity spokespersons are endorsing this effort and we are very grateful for their support:

- Donna Dedee, President and Chief Executive Officer – School of the Holy Childhood
- Patrick O'Flynn, Monroe County Sheriff
- Diann Roffe, Olympic medalist

Help spread the word about noise

Help us make everyone aware of the dangers of noise. Contact Scott Perkins at sperkins@rhsc.org or 271-0680 x1673 to request a free *Too Loud?* bumper sticker and display it on your car.