Safe kids Healthy kids Happy kids

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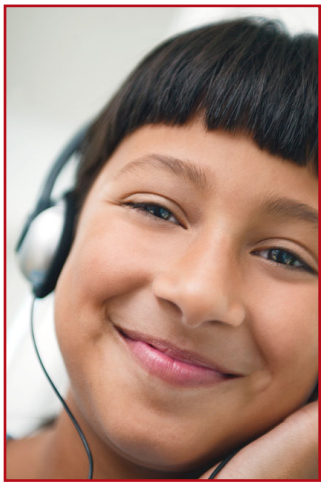
Portable Music Players May Damage Your Hearing

An international poll of high school students found that 51% have a least one symptom of hearing loss.

- **28% percent of teens surveyed turn up the volume on their TV or music player,**
- **29% say "what or "huh" during normal conversation, and**
- **17% have ringing in the ears.**



The exact cause of hearing symptoms is unclear. Most students reported listening to their mp3 player (portable music player) for less than 1 hour at a time. However, over 50% of the students said they played the music at a high volume. It is estimated that 22 million Americans have suffered hearing damage from loud noise.

The American Speech-Language-Hearing Association suggests replacing the earbud headphones sold with most mp3 players. Earbuds allow sounds in the environment to leak in, often causing the user to turn up the volume.

Listening to an MP3 player can be safe if you:

- Use noise-cancelling headphones instead of ear-bud earphones,
- Keep the volume at 60% of maximum, and
- Limit listening to one hour per day.

Another guideline is if the mp3 user cannot hear others talk, he has the volume set too high. The same is true if others can hear what the mp3 user is playing.

Teens and adults are at risk of hearing loss from using mp3 players. Follow these tips, and you will enjoy years of hearing the music you love.

Call the Parent Help Line. We listen. We can find you help.
1-217-544-5808 or 1-888-727-5889 from 10 a.m. to 10 p.m. , 7 days a week
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