

# SWENT Newsletter



## SOUTHWEST ENT

ASSOCIATES

EAR, NOSE & THROAT SPECIALISTS

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## Hearing Loss in Children and iPods

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#### NEW THIS MONTH:

For the convenience of our patients SouthWest now has the ability to do CT scans in the office on Friday's.

#### SERVICES PROVIDED:

- Pediatric & Adult
- Surgical & Medical Care
- Pediatric Otolaryngology
- Sinus & Nose
- Otolaryngology (ear)
- Hearing Loss & Balance
- Hearing Aids
- Swim Molds
- Head & Neck Cancer
- Thyroid & Parathyroid
- Snoring & Sleep disorders
- Throat, Voice & Swallowing
- Rhinoplasty/Facial Plastic & Reconstructive Surgery

**THE BEST COMPLIMENT YOU CAN GIVE US IS REFERRING YOUR FAMILY & FRIENDS!!!**

The iPod has become almost ubiquitous among both adults and children for listening to music, books, and video. Most of us have at some point stood next to someone listening to his or her iPod and were able to clearly hear the song that was playing.

This new form of loud noise exposure, especially in younger children, may lead to hearing loss later in life. It is well documented that noise-induced hearing loss occurs as inner ear sensory fibers "wear out" from constant sound exposure at high decibel levels. Earphones that insert in the ear canals are particularly harmful if the

volume is too high. Adolescents and younger children especially are at risk because they may be unaware of the damage they are doing to their hearing.

Fortunately, there are several Manufacturers that are producing earphones that intentionally limit sound levels. The iPod's have a built-in volume limiter, which helps, but the earphone is a large part of the problem in loud noise exposure.

Ultimate ears sells the LoudEnough earphones, iHearSafe sells a volume restricted earbud or headphone, and Air-Drives for Kids sells an earphone that sits on the ear

and limits the sound level. There are new manufacturers constantly developing safer earphones and parents should be aware of these safer options.

Avoiding excess noise exposure at earlier ages can lead to improved hearing later in life without the problems of noise-induced hearing loss.

## INVEST IN YOUR VOICE! WORLD VOICE DAY APRIL 16TH, 2009

Invest in your voice today so you can enjoy vocal health tomorrow. The human voice is used to express our thoughts, ideas, concerns, and emotions. Millions of people rely on their voices for their livelihood. Tips to invest in your voices future:

1. If you smoke, quit now and avoid secondhand smoke.
2. Drink plenty of water to stay hydrated.
3. Try not to use your voice too long or too loudly.

4. Avoid speaking or singing when your voice is injured or hoarse.
5. Avoid things that dehydrate the body, such as alcohol and caffeine.
6. Warm up your voice before prolonged or strenuous voice use like teaching or giving speeches.
7. When your voice is complaining to you, listen to it! Know that you need to modify and decrease your voice use if your voice becomes weak in order to allow your vocal cords to

recover.

**For more information visit [www.entnet.org/worldvoiceday](http://www.entnet.org/worldvoiceday)**

**SAVE TIME!!!!!!  
REGISTRATION FORMS AND UPDATES AVAILABLE ONLINE GO TO [WWW.SWENT.COM](http://WWW.SWENT.COM) AND PRINT YOUR FORMS PRIOR TO YOUR APPOINTMENT**