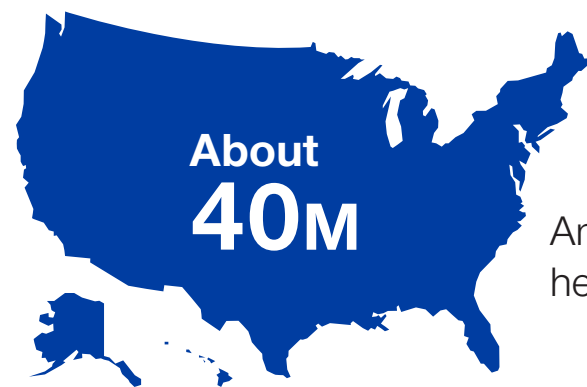


Hearing Health & Loss Prevention



Hearing loss is the third most common chronic health condition in the United States.¹ Loud noises can cause irreversible hearing damage. The louder the sound and the longer it is heard, the more damage it may cause.

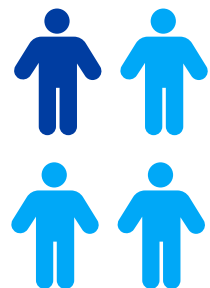
Noise-induced hearing loss is **preventable!**



American adults (ages 20–69) experience hearing loss due to exposure to loud noises.¹



of American adults with noise-induced hearing damage don't have noisy jobs.¹



American adults who believe they have good hearing already show signs of damage.¹

Tips to Prevent Hearing Loss

Walk
away

from noisy spaces when you can.²

Block
the noise

by using earplugs or protective earmuffs, especially when attending loud events or if consistently exposed to noise at work.²

Turn
down the
sound

when listening to music or watching TV, especially if you are wearing earbuds.²

Eat a
nutritious diet

to help your blood vessels supply needed nutrients and oxygen to the inner ear.³

¹ Centers for Disease Control (<https://www.cdc.gov/vitalsigns/hearingloss/index.html>)

² Hearing Health Foundation (<https://hearinghealthfoundation.org/preventing-hearing-loss>)

³ Journal of Nutrition (<https://academic.oup.com/jn/advance-article-abstract/doi/10.1093/jn/nxy058/4993343>)