



**For Immediate Release
June 29, 2017**

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The Lazy, NOISY Days of Summer: Hard on Your Ears?

Elkins Park, Pa. - "Could you turn that down, please?"

When it's Fourth of July fireworks or a lawn mower, that may not be possible. And you may be at risk for hearing loss.

"Noise exposure adds up over time," said audiologist Lindsay Bondurant, director of the Pennsylvania Ear Institute of Salus University. "Children are especially at risk. The earlier their exposure to excessively loud noises, the more likely they will develop a hearing problem."

According to Bondurant, most people don't think about noise levels when they are engrossed in everyday activities, whether it's cutting the grass, watching a fireworks display, going to the movies, or even attending a rock concert.

"When it comes to listening to music, people believe louder is more fun," observed Rebecca Blaha, audiologist at the Ear Institute. "People don't consider the risk of turning up the volume. If you have ringing in your ears after a concert, it was too loud."

The potential for hearing damage is determined not only by the loudness level (in decibels) of sound, but also by the length of time someone is exposed to noise: 85 decibels can be tolerated for eight hours; 95 decibels for just four hours. (Fireworks can reach 170 decibels!)

Audiologists at the Ear Institute have these recommendations to avoid the risk of hearing loss:

1. **Properly insert earplugs.** If they are not deep enough in the ear, you don't get the necessary protection. Foam earplugs that can be purchased at a drugstore are effective – provided they are inserted correctly.
2. **Move** a safe distance away from the source of the sound.
3. **Earmuff-style sound blockers** are recommended for infants and toddlers. (Ear plugs can be choking hazards.)
4. **Educate** children so that they are aware of the risks of too-loud listening devices, which may include toy vehicles, horns and sirens.

About Salus University

Salus University, founded as the Pennsylvania College of Optometry in 1919, today is a diversified, globally recognized professional academic center of learning that offers a wide range of degree programs in the professions of Optometry, Audiology, Physician Assistant, Public Health, Blindness and Low Vision Studies, Biomedicine, Occupational Therapy and Speech-Language Pathology. Salus operates four clinical facilities in the Philadelphia area that provide highly specialized vision, hearing and balance, and speech-language pathology services. The University has more than 1,200 students, including PhD candidates, and more than 11,300 alumni worldwide. For more information, please visit www.salus.edu.

Pennsylvania Ear Institute (PEI)

Audiologists at the PEI at Salus University offer a comprehensive array of services related to the evaluation, rehabilitation and prevention of hearing impairment, as well as the evaluation and diagnosis of balance disorders.