MYTH VS FACT
THE TRUTH ABOUT HEARING LOSS

**MYTH**
Portable music and video devices do not affect your hearing.

**FACT**
1.1 billion people are at risk for hearing loss due to unsafe personal use of portable music devices.

**WHAT TO DO**
Limit your use of portable devices and keep the volume level at the half-way point or under. If you have to take out your ear buds to hear someone speaking at an arm's length away, the volume is probably unsafe.

**MYTH**
Hearing loss does not affect newborn babies.

**FACT**
Approximately 6 out of 1,000 babies have a significant hearing problem at birth. And, more than 4,000 babies are born with a hearing loss each year.

**WHAT TO DO**
Make sure your newborn's hearing is screened before leaving the hospital or within the first couple weeks of life. If he or she does not pass the screening, schedule an appointment with an audiologist.

**MYTH**
Everyone who has hearing loss is older than age 65.

**FACT**
Half of those individuals with hearing loss are younger than age 65.

**WHAT TO DO**
If you suspect a hearing loss or have ringing in the ears, visit an audiologist.

**MYTH**
Dizziness and balance disorders are simply inconvenient and not that harmful.

**FACT**
Untreated dizziness and balance disorders can increase fall risk and result in hip fractures, broken bones, and head trauma.

**WHAT TO DO**
If you feel dizzy regularly or suspect a balance disorder, visit an audiologist who specializes in vestibular evaluation and treatment.

**MYTH**
Hearing loss does not affect your day-to-day life.

**FACT**
Individuals with untreated hearing loss are often excluded from communication and have feelings of loneliness, isolation, depression, and frustration.

**WHAT TO DO**
If you suspect a hearing loss, visit with an audiologist who can evaluate your condition and provide rehabilitation and treatment.

**MYTH**
Portable music and video devices do not affect your hearing.

**FACT**
Approximately 30 million workers are exposed to hazardous levels of noise on the job.

**WHAT TO DO**
Noise-induced hearing loss is permanent and is almost always preventable! Wear hearing protection when around sounds louder than 85 decibels, turn down the volume, and walk away from loud noise.

**MYTH**
Heart disease is the third most common health problem among older adults in the U.S.

**FACT**
Arthritis is the third most common health problem among older adults in the U.S.

**APPROMINATELY 1 IN 8 CHILDREN AGES 6-19 HAVE NOISE-INDUCED HEARING LOSS.**

**WHAT TO DO**
Limit your use of portable devices and keep the volume level at the half-way point or under. If you have to take out your ear buds to hear someone speaking at an arm's length away, the volume is probably unsafe.

**WHAT TO DO**
Make sure your newborn's hearing is screened before leaving the hospital or within the first couple weeks of life. If he or she does not pass the screening, schedule an appointment with an audiologist.

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If you suspect a hearing loss or have ringing in the ears, visit an audiologist.

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If you feel dizzy regularly or suspect a balance disorder, visit an audiologist who specializes in vestibular evaluation and treatment.

**WHAT TO DO**
If you suspect a hearing loss, visit with an audiologist who can evaluate your condition and provide rehabilitation and treatment.

**FACT:** Audiologists are the primary health-care professionals who evaluate, diagnose, treat, and manage hearing loss and balance disorders in adults and children. If you think you may have a hearing loss, visit www.howsyourhearing.org and click on “Find an Audiologist.”