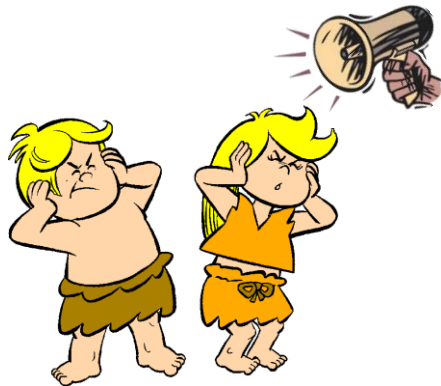


How to care your hearing???

Avoid loud noises

- Use ear protection devices in cases where you can't avoid loud noise.



- Take a break for few minutes: If you are exposed to loud noises for a prolonged period of time, like Concerts
- Set the sound volume low: Especially when using headphones and ear buds. Keep the volume to low-mid.



Test your ears regularly

- Hearing loss is often associated with ageing. Periodic hearing testing after 50s is helpful to monitor your hearing.
- Avoid certain drugs that may damage your hearing(Oto-toxic Drugs)
- Medicines that damage the ear and cause hearing loss are known as Oto-toxic medicines. Consult your doctor if there are any hearing related symptoms after such medications.



- Don't ignore early signs of hearing loss such as,
 - Ear pain.
 - Ear discharge.

- Ringing sensation in the ear (Tinnitus).
- Difficulty in hearing soft speech.
- Difficulty in understanding speech in noisy situations.
- Difficulty to follow group conversations.
- Avoid any physical damage by putting sharp objects into your ears.
- Stop using cotton swabs in your ears



- Keep your ears dry
- Excess moisture can allow bacteria to enter the ear. This can cause ear infections, which can be dangerous for your hearing ability.

Contact Us

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Visit us: <http://jssishdharwad.org>



JSS MAHAVIDYAPEETHA, Mysuru

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Recognized by Rehabilitation Council of India,

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