

Summer Sounds Can Increase Hearing Loss and Tinnitus

Exposure to loud noise can cause hearing loss that often takes the form of temporary or permanent tinnitus.

Tinnitus is described as a nagging buzzing, whistling, whining, or screeching noise in the head or ears that varies in intensity and can be intermittent or constant. The degree of loudness and even the type of sound is particular to each person. Some tinnitus sufferers describe the noise as being as piercing and sharp, such as the signal used in the emergency broadcast system.

Tinnitus afflicts 50 million people in the U.S., and it can be instigated or worsened by the sounds of summer like boats, firecrackers and lawnmowers. All of these sounds are produced at decibel levels that can increase or cause hearing loss and tinnitus.

How does this damage happen?

Inside the ear are small, delicate hairs that help conduct the noise that constitutes your hearing. Injury to these hair cells comes from exposure – sudden or prolonged – to loud noises.

Protecting your hearing this summer and preventing the onset of tinnitus can be as simple as wearing earplugs when mowing the lawn, attending concerts, working with machinery, or enjoying fireworks. There are also custom fit protective ear molds available that provide increased comfort when engaging in noisy activities. We can advise you on the best options for your activities and help with any hearing loss or tinnitus-related issues. Hearing health starts with preventative measures!