

5 WAYS

TO PRESERVE YOUR HEARING HEALTH



1. Do not listen to music at a high volume for an extended period. Listening to loud music for too long can damage sensitive structures in the inner ear and lead to permanent hearing loss or tinnitus. There are several apps and devices available that can manage your listening experience.



2. Make use of insert earplugs in noisy areas. This will prevent excess noise from entering and damaging the ear.



3. Keeping your ears dry can help to prevent possible infections. This can be done by inserting earplugs and making use of a bathing cap when showering, bathing, and swimming.



4. Do not use earbuds or other similar apparatus to clean your ears. Earwax is crucial to your hearing health as it traps dust and other foreign particles; and your ears are self-cleaning. If you have abnormal earwax or an obstruction, make an appointment with your audiologist.



5. When prescribed medication, only use it as indicated. This will not only be beneficial to your ear health, but also your general health.