



# How to Prevent Hearing Loss

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The Osteogenesis Imperfecta Foundation, Inc. is the only voluntary national health organization dedicated to helping people cope with the problems associated with osteogenesis imperfecta. The Foundation's mission is to improve the quality of life for people affected by OI through research to find treatments and a cure, education, awareness, and mutual support.

About 50 percent of people who have OI develop hearing loss beginning any time from childhood into middle age. OI makes the tiny bones in the ear fragile and easily injured, but the degree of hearing loss is also affected by other factors not related to OI. A recent article in *Hearing Loss* magazine talks about NOISE how it damages hearing and what can be done about it.

Noise is a common cause of hearing loss and tinnitus (not being able to tell the difference between similar words.) Damage from noise actually kills the tiny hair cells in the inner ear. This damage is permanent, painless and adds up over the years. But unlike some things, damage from noise can be prevented, so it pays to protect your hearing and your children's hearing.

1. Avoid loud noise.
2. Use ear protection -- ear plugs or ear muffs -- when you attend noisy events such as rock concerts, car races, or some sports.
3. Control the volume on iPods and other devices that send sound directly into your ear. Don't go above the halfway setting on the volume control, or level 4 on a scale of 1-10.

If the person sitting next to you can hear your music, the volume is too loud.

For more information on protecting your hearing, visit <http://www.hearingloss.org/> the web site for the Hearing Loss Association of America.

Reference: "What's All this Noise?" by Maurice H. Miller, Ph.D. & Jerome D. Schein, Ph.D., *Healing Loss*, Nov/Dec 2006 pages 26-27. *Hearing Loss* is the official publication of the Hearing Loss Association of America.

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For more information about osteogenesis imperfecta contact:



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