



Hey Mom.... Tell'em to turn down the headphones!!

Two recent studies came to the same conclusions: More teenagers today have some degree of hearing loss- as many as one in five, says one of the studies; and personal listening devices such as iPods are partly to blame, the other says. Hearing loss is related to both the volume and duration of sound. So how loud is too loud? If you can hear music coming from your teen's headphones from about 3 feet away, it's definitely too high. Sounds louder than 80 decibels (dB) are considered potentially hazardous- 80 dB is equivalent to an alarm clock or the sound of a busy street. (To compare: 90dB is a lawn mower; 100 dB, a snowmobile; and 130dB, a jackhammer.) Warning signs your teen is hurting their hearing: They ask you to speak up often or complains of a pain or ringing in their inner ear.