



## What is Noise Induced Hearing Loss (NIHL)?

Hearing loss caused by damage to inner ear hair cells which normally convert sound into electrical signals that travel to the brain. A potentially permanent hearing loss that affects tens of millions of patients, especially those who are exposed daily to high noise levels.



### causes

Single exposure to loud "impulse" sound such as firecrackers or firearms. Frequent and long duration of exposure to loud sounds such as in industry, loud music, powertools, lawn mowers or firearms.

### Symptoms

Feelings of pressure or fullness.  
Sound seems distorted, muffled or distant.  
Ringing sound in the ears, especially in quiet listening environments.

### Diagnosis

Talk with your Audiologist about problems you're experiencing in daily listening environments. Learn about proper selection of ear protection.

### How can you reduce NIHL

Minimize exposure to loud sounds, such as reducing the volume when listening to television or music. Wear hearing protection when exposed to loud sounds for a long time

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