

Mayo Clinic Medical Edge
Avoiding Hearing Loss

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	WISDOM. RESPECT. UNDERSTANDING. THEY'RE ALL THINGS THAT ARE SUPPOSED TO COME WITH AGE. BUT AGING CAN HAVE A DOWN SIDE TOO.
Dr. David Hawkins, Ph.D. Track 1 (14:45)	"YOUR VISION, YOUR SENSE OF TASTE, TOUCH, EVERYTHING DECLINES."
	INCLUDING YOUR HEARING. ACCORDING TO MAYO CLINIC AUDIOLOGIST, DR. DAVID HAWKINS, MOST OF THAT IS GENETIC. IT'S WIRED IN AND YOU CAN'T REALLY CONTROL IT.
Dr. Hawkins Track 1 (14:55)	"THE ONE THING YOU CAN

	CONTROL IS THE NOISE EXPOSURE.”
	PROLONGED EXPOSURE TO LOUD NOISE CAN COMPOUND THAT NATURAL DECLINE IN HEARING. AND WE’RE NOT JUST TALKING ABOUT JACKHAMMERS OR FREIGHT TRAINS. EVERYDAY ITEMS SUCH AS LAWN MOWERS POWER TOOLS, EVEN HAIR DRYERS CAN, OVER TIME, CAUSE DAMAGE TO YOUR HEARING. LUCKILY, WITH STEPS TO REDUCE YOUR EXPOSURE, LIKE WEARING EAR PLUGS, IT’S HEARING LOSS YOU CAN PREVENT
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I’M VIVIEN WILLIAMS.

