

Turn down the volume

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If you gave your son or daughter an iPod or another type of MP3 player for the holidays, listen up.

TURN DOWN THE VOLUME!

In less than 10 seconds, you can lower the maximum volume on the devices to a reasonable level.

Why do this?

Over 35 million Americans have some form of hearing loss that can be prevented by just turning the volume of their radios and iPods down. Noise-induced hearing loss affects 1 in 8 young adults.

According to hearing health advocate Kathlyn Maguire of West Palm Beach, hearing loss in children and young adults is epidemic and much of that is related to high volume in headphones and iPods as well as exposure to other loud noise at concerts, construction sites and even movies.

Having experienced progressive hearing loss most of her life, Maguire founded [Empowerment Through Hearing](#), a nonprofit organization that serves to heighten awareness of Noise Induced Hearing Loss.



Maguire

“The statistics are staggering,” Maguire said. “Hearing loss is no longer a condition of aging. It can happen to anyone at any age. But every person has the ability to do something about it: By reducing noise, you can reduce hearing loss. It’s that simple.”

[The American Academy of Audiology](#) backs her up and has begun a “turn it to the left” (the volume dial, that is) awareness campaign in hopes of protecting current and future generations from unwittingly damaging their hearing.