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# YOUR CHILD'S HEALTH

*Presented by the medical professionals at Midcoast Pediatrics*

## How Loud is Too Loud?

Music is wonderful brain stimulation, can be emotionally soothing and great entertainment! However, earphones and loud volumes can cause great harm. Since the advent of the iPod age, doctors have reported seeing an increase of premature, noise-induced, permanent hearing loss in teens. This hearing loss has increased significantly from the age of boomboxes and Walkman of our youth! To prevent hearing loss, limit your child's MP3 time to an hour at no more than 60% of the device's maximum volume. You can download programs from the internet to limit the iPod's maximum volume to 60% – or have your child download the volume-limiting programs! If your child complains of ringing in the ears, the volume is too high.

*HINT: Advise your child that a safe MP3 volume is a level at which outside conversations can still be heard.*

**Varying degrees of hearing loss affects an average of two in every hundred children under the age of eighteen. Your pediatrician is an excellent resource for more information about the threat of noise-induced hearing loss and how to prevent it. When your child requires pediatric care, call MIDCOAST PEDIATRICS at 207-721-8333. We are located at 121 Medical Center Drive, Suite 2600, Brunswick. New patients are welcome.**

[www.midcoastpediatricspa.com](http://www.midcoastpediatricspa.com)