



## **A MINUTE OF HEALTH WITH CDC**

### *Healthy Hearing*

*Noise-Induced Hearing Loss Among Adults — United States, 2011-2012*

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*[Announcer] This program is presented by the Centers for Disease Control and Prevention.*

If your spouse or friend isn't listening, they aren't necessarily ignoring you. It might be that they don't hear you. Nearly one in four adults who think they have good hearing, already have hearing damage. Hearing loss can have a negative impact on quality of life, adversely affecting communication, daily activities, and ultimately health. Exposure to loud noises at home or in the community can cause permanent hearing loss. Avoiding loud environments and using hearing protection devices can help protect and preserve hearing. Detecting hearing problems early may help prevent more damage from noise.

Thank you for joining us on a Minute of Health with CDC.

*[Announcer] For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO.*