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Subject: When did you first start using earplugs?  
Posted by [Damon73](#) on Fri, 28 Sep 2012 03:32:57 GMT  
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When I was younger I used to go to concerts and I didn't feel the need for earplugs. Looking back, that was probably a foolish thing to do. I started wearing them in my mid-twenties to avoid getting headaches. When did you start using earplugs at rock shows?

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