Subject: Ear health
Posted by Lazarus on Tue, 23 Feb 2010 07:01:42 GMT
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I don't use headphones very often because I concern about my ear health. I hate hearing aids and don't want to spend the rest of my life using it. What do you experience? Does using headphones affect your ear health?

Subject: Re: Ear health
Posted by Shane on Sat, 27 Feb 2010 17:15:04 GMT
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Headphones can definitely damage your hearing. The problem is that you start out listening at a comfortable level, then after a bit your ears get accustomed to that level and it seems too low, so you turn it up a bit more. Eventually you've got the volume up to such a loud level that you can induce hearing damage without even realizing it. You have to be conscious of the levels all the time and pay attention to your adjustments.

Subject: Re: Ear health
Posted by Lancelot on Fri, 05 Mar 2010 16:49:58 GMT
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Shane is right. I can personally testify that headphones can damage the ears. My left ear will hurt when it is subjected to prolong noise.

I have used earphones when I was in high school until college. I use it every time I go to bed. Now I'm suffering the consequences of leaving the earphone on my ear until I get to sleep.

Subject: Re: Ear health
Posted by Dizzy on Mon, 08 Mar 2010 11:59:23 GMT
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Whatever happened to common sense?! We all know that loud noises can damage hearing. So just don't crank up the music that loud. Its all under your own control!

Subject: Re: Ear health
Posted by Shane on Mon, 08 Mar 2010 13:54:08 GMT
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Ah, but with headphones it's not just about being perceived as loud. Moderate volumes over a length of time can have the same effect. And like I said, if you listen for a while, say several hours, you tend to get used to the volume and perceive it as being softer, so in turn ramp up the

volume a little. I've been guilty of this. I found out how loud it really was when I left the volume control alone at the end of a listening session, then played the same music back at that volume to start with the next day. It was very loud and I didn't even realize it the day before.

Subject: Re: Ear health
Posted by Dizzy on Wed, 10 Mar 2010 12:48:33 GMT
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I can honestly say that I've never experienced that. I just don't mess with the volume unless my situation changes-for instance moving from a noisy bus to the house, when I turn it down.

Have you considered using a volume limiter for protection?

Subject: Re: Ear health
Posted by Shane on Wed, 10 Mar 2010 13:36:49 GMT
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I'm careful now that I'm conscious of it. A volume limiter would be a pain as my headphones are all different and I'd have to adjust every time I switched.

I have a fair amount of hearing loss due to many loud concerts, the advent of the walkman when I was a kid (louder the better in those days), being in a band for many years, guns, etc..... We just didn't think about hearing protection 25-30 years ago. I've got a nice permanent ringing to keep me company in a quiet room from here on out.

Subject: Re: Ear health
Posted by Lancelot on Wed, 10 Mar 2010 18:07:42 GMT
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Oh that ringing sound. It was explained to me before by a friend of mine who is majoring music in college that the ringing sound we are hearing are the notes or tone that the ears can't hear anymore. It sounds ironic and I still can't understand what he really meant even now.

Subject: Re: Ear health
Posted by Dizzy on Sun, 04 Apr 2010 19:00:38 GMT
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I have tinnitus too so I feel your pain. I didn't end up with it because of noise though, so I haven't had to deal with that. Its a shame, being kinda self inflicted.

Subject: Re: Ear health
Posted by Maxie on Mon, 26 Apr 2010 14:56:47 GMT
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I have had chronic ear infections since childhood. My doctor always said that headphones were an absolune no-no for me. I don't let anything near my ears not even my husband.

Subject: Re: Ear health
Posted by Dizzy on Wed, 05 May 2010 12:16:37 GMT
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Maxie wrote on Mon, 26 April 2010 10:56I have had chronic ear infections since childhood. My doctor always said that headphones were an absolune no-no for me. I don't let anything near my ears not even my husband.

Well that makes sense-like a pacifier increasing a child's risk of ear and throat infections, anything that you shove in your ear would increase the risk of infection by introducing contaminants.

Subject: Re: Ear health
Posted by candoon on Wed, 05 May 2010 14:39:24 GMT
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Ummm do you mean headphones or ear buds? Buds go into the ear, phones most times sit on the outside. I get that they could still give something off, but most people properly clean their headset before use too.

Subject: Re: Ear health
Posted by Chuckles101 on Thu, 01 Jul 2010 20:46:50 GMT
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When I listen to music or anything using headphones I tend to put the volume a bit down for this reason. I think that it will damage my eyes only if the volume is high. Sometimes I do not mind it since if volume is what it takes to enjoy my music then so be it!

Subject: Re: Ear health
Posted by JiminyCricket on Sat, 17 Jul 2010 10:03:47 GMT
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Most people I know use the term 'earphones' to mean either buds or exterior sets.

One other aspect of the ear health issue is that of sharing buds. Nasty habit and one which I see more and more between couples and friends when I am on public transport. Yuk!

Subject: Re: Ear health
Posted by Adveser on Tue, 20 Jul 2010 03:06:59 GMT
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I have always used Sony headphones. Right now I have the standard 7506's.

That is the starting place to protect your ears. The more linear the audio signal, the less damage you are going to do.

Hearing damage mostly comes from non-audio. Don't drive the car with the windows down. Distorted sound damages your ears.

Avoid aspirin and vicodin, they are known to cause toxicity in your ears.

Subject: Re: Ear health
Posted by JiminyCricket on Sat, 24 Jul 2010 02:22:54 GMT
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Adveser, thanks for the information above on the headphones. I am intrigued by the reference to aspirin. I know it is bad for your stomach but never heard of it as a problem for ears.

Subject: Re: Ear health
Posted by Adveser on Sun, 25 Jul 2010 01:59:49 GMT
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I may be confusing that with vocal health. I know it is terrible on that end.

(after some googling)
http://www.emaxhealth.com/1275/3/35879/aspirin-ibuprofen-acetaminophen-cause-hearing-loss-men.html

Actually, it looks like basically every painkiller (I have never seen anything about Oxycontin or any of the other opiates though) are bad for your ears.

Looks like maybe only Naproxen Sodium (aleve) is going to do for over the counter audiophile pain relief.

Subject: Re: Ear health
Posted by JiminyCricket on Mon, 26 Jul 2010 00:37:10 GMT
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I wonder why only men under 60 are more at risk from the aspirin (or other painkiller) danger. Information is knowledge so thanks for sharing.

Subject: Re: Ear health
Posted by Adveser on Mon, 26 Jul 2010 03:36:26 GMT
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I may be making assumptions here, but I got the impression that the reason for that is because those over 60 already have the damage that the drug would cause. I took the meaning as the younger you are, the more danger because the better your hearing would likely be.

Subject: Re: Ear health
Posted by rockhound on Tue, 27 Jul 2010 04:52:39 GMT
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I've never had a problem with headphones. I use the large over the ear type that block out all or most outside noise so I don't have to crank it up to get great sound. I'd be more concerned with earphone types that don't block out noise so you have to turn up the volume just to hear your music over other noises.

Subject: Re: Ear health
Posted by cuzido on Mon, 11 Oct 2010 14:08:42 GMT
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Dizzy wrote on Mon, 08 March 2010 05:59Whatever happened to common sense?! We all know that loud noises can damage hearing. So just don't crank up the music that loud. Its all under your own control!
Dizzy definitely has a point here. Also, I didn't know about pain meds causing hearing problems or problems with your ears. About nine months ago I had some sort of sinus mess or something and my right ear just got stopped up or something and I know not hearing is awful. I found out I had slight hearing loss in both ears. My mom and dad have hearing loss too so I just assumed it ran in the family. I have certain conditions that have kept me on pain meds for years now. Suddenly, I wonder if that has anything to do with it too.

Subject: Sensitive ear drums
Posted by Wolfgang on Mon, 11 Oct 2010 18:08:09 GMT
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I can't use headsets for more than an hour and not get my ears hurt. I don't know but I think I got very sensitive ear drums. I can't even talk on the phone for more than an hour. It makes my ears bleed. Thank God I'm not working in a Call Center.

Subject: Re: Ear health
Posted by MusicDiva on Tue, 12 Oct 2010 04:46:29 GMT
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I think the only time it can create any problems is if you play your music really loud. Other than that, you should be perfectly fine

Subject: Re: Sensitive ear drums
Posted by MusicDiva on Tue, 12 Oct 2010 04:47:25 GMT
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Mine can get like that too. A lot of the times it's just because you have been exposed to too much loud music or sounds. Is this true for you?

Subject: Re: Sensitive ear drums
Posted by Wolfgang on Sat, 23 Oct 2010 21:00:13 GMT
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No, I always keep the volume at minimum level and I hate disco houses because their music is too loud. Even talking on the phone for more than an hour hurt my ears too. Good thing because it means I won't spend too much on phone bills.

Subject: Re: Ear health
Posted by Danny on Mon, 25 Oct 2010 10:30:45 GMT
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OK, but what good is music when you can't listen to it loud?! And when I go to a concert, I make sure that I am up front, and yes, my ears ring for a few days, but it is soooo worth it!

Subject: Re: Ear health
Posted by Bohnam on Mon, 25 Oct 2010 10:37:02 GMT
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AC/DC you have to have loud, Pink Floyd you don't. I only use earphones periodically, and when I do, they're never up that loud. I guess I'm getting old.

Subject: Re: Ear health
Posted by Wonderwoll on Mon, 25 Oct 2010 11:22:24 GMT
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I think ear health is rather like the smoking issue. Most people who are abusing themselves tend to know it's probably going to damage them at some unknown future point, but the here and now pleasure is too much to resist!

Subject: Re: Ear health
Posted by audioaudio90 on Mon, 25 Oct 2010 13:45:17 GMT
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Wonderwoll makes a good point. We all do things we know are bad for us. I try to protect my ear health but sometimes I just want to turn it up!