

**The Lions Hearing Aid Bank
RECYCLES
old/used hearing aids**



*All Styles & Models wanted,
no matter the condition of
the Hearing Aid*



*You may drop off your old hearing
aids in any
Lions Eyeglass Collection Box,
Loan Out Center
or contact any Lions Club
or Lion Member.*

The Lions Hearing Conservation Society has 8 Loan Out Centers where you can borrow a variety of amplification & alerting devices for the deaf and hard of hearing. This enables you to try devices and find the one that best accommodates your hearing loss, free of charge. Also, if you need financial assistance in purchasing devices, your local Lions Club may help you. To find a Lions Club near you; go to the website: <http://www.lionsclubs.org>



Thank You for Recycling

Lions Loan Out Centers

ALBANY

Madison Hearing Center
One Executive Centre Drive, Suite 202
Albany, NY 12203
Voice: (518) 690-2060

QUEENSBURY

Association for the Hearing Impaired
71 Glenwood Ave.
Queensbury, NY 12804
Voice/TTY: (518) 761-0554

AMSTERDAM

Resource Center for Independent Living
347 W. Main Street
Amsterdam, NY 12010
Voice: (518) 842-3561 TDD: (518) 842-3593

HERKIMER

Resource Center for Independent Living
401 East German Street
Herkimer, NY 13350
Voice: (315) 866-7245 TDD: (315) 866-7246

SCHOHARIE

Schoharie County Office for the Aging
113 Park Place, Suite 3
Schoharie, NY 12157
Voice: (518) 295-2001

SARATOGA SPRINGS

Saratoga Hearing Center
Saratoga Medical Arts Building
414 Maple Ave.
Saratoga Springs, NY 12866
Voice/TTY: (518) 584-0578

TROY

Hear USA
2200 Burdett Avenue
Troy, NY 12180
Voice: (518) 272-7323

UTICA

Resource Center for Independent Living
409 Columbia Street
Utica, NY 13503
Voice: (315) 797-4642 Ext. 324 TTY: (315) 797-5837

Revised 5/1/09

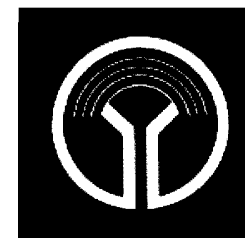
**LIONS HEARING
CONSERVATION
SOCIETY
(LHCS)**



We Serve

Ordinary People Doing Amazing Things

The mission of the
Lions Hearing Conservation Society
is to provide programs and assistance for
people who have a hearing loss.



LHCS of 20-Y2 was created in 1975 with the community interest in mind. Our goal is to prevent deafness by early detection of hearing problems, correction of existing hearing losses & to educate the public on what causes hearing loss & how/when to protect yourself from damaging noise.

PROTECT YOUR HEARING!

Wearing protection is up to you:

- Ear plugs or earmuffs work by reducing the amount of sound entering your ears. Talk with your supervisor about the level of noise protection you need on the job. Once you've got the equipment, be sure to wear it.
- You can purchase ear protection for your personal use at your pharmacy, music or hardware store.



Noise Causes Hearing Loss

- The damage caused by excessive noise, the most common cause of hearing loss, is often painless and gradual. The amount of hearing loss depends on how loud the noise is and how long it lasts.
- **Temporary** loss may cause your ears to ring or your hearing to be muffled for several hours.
- **Permanent** loss, due to repeated noise exposure, limits your ability to hear higher-pitched sounds such as children's voices and some musical instruments.

Care and Cleaning the Ear

The first rule in caring for your ears is to leave them alone. This unique body part pretty much cleans itself. Dirt that gets inside the ear canal is trapped by earwax and moved back out of the canal through chewing action.

Types of Hearing Loss

28 Million Americans have a hearing loss; 80% of those affected have hearing damage that is irreversible and permanent.

17 Million Americans are affected by sensorineural* hearing damage resulting from heredity, birth, trauma, disease, advanced age, or exposure to noise.

* A sensorineural hearing loss is damage to hearing nerve in inner ear.

LEVELS OF NOISE

In decibels (dB)

PAINFUL AND DANGEROUS

Use hearing protection or avoid **140 dB**

- Fireworks
- Gun Shots
- Custom car stereos (at full volume)

Use hearing protection or avoid **130 dB**

- Jackhammers
- Ambulance



UNCOMFORTABLE

Dangerous over 30 seconds **120 dB**

- Jet Planes (during take off)

VERY LOUD

Dangerous over 30 minutes **110 dB**

- Concerts (any genre of music)
- Car horns
- Sporting events

Dangerous over 30 minutes **100 dB**

- Snowmobiles
- MP3 players (at full volume)

Dangerous over 30 minutes **90 dB**

- Lawnmowers
- Power Tools
- Blenders
- Hair dryers



Over 85 dB for extended periods can cause permanent loss.

LOUD

- Alarm clocks **80 dB**
- Traffic **70 dB**
- Vacuums **70 dB**



MODERATE

- Normal conversation **60 dB**
- Dishwashers **60 dB**
- Moderate rainfall **50 dB**

SOFT

- Quiet library **40 dB**
- Whisper **30 dB**



FAINT

- Leaves rustling **20 dB**

HEARING DAMAGE

Noise-induced hearing loss affects both the quantity and quality of sound. Understanding human speech becomes difficult because words become indistinct. Excessive sound exposure damages hearing by over-stimulating the tiny hair cells within the inner ear. When these hair cells are damaged, they no longer transmit sound to the brain. Sounds are muffled. Hearing damage through noise exposure is permanently lost. Hearing aids amplify the remainder of your hearing.

Is Your Hearing at Risk?

WARNING SIGNS: After exposure to loud music or noise you may experience one or more of the following:

- Ringing or buzzing in the ears.
- Slight muffling of sounds
- Difficulty in understanding speech. You can hear all the words, but you can't understand them.
- Difficulty in hearing conversation in groups of people when there is background noise, or in rooms with poor acoustics.

PROTECTION FOR INFANTS

Birth through 3 years: Ear plugs can become a choking hazard if they fall out or are pulled out by the child. It is also difficult to insert plugs into the tiny ear canals without hurting the child, while still insuring that the airtight seal is achieved. Without an airtight seal the plugs will not provide the rated noise protection.

For these reasons, we recommend the Junior Muffs for noise protection, and moldable silicone ear plugs worn under an Ear Band-it headband for water and noise protection and for pressure and noise relief when flying. The Ear Band-it helps prevent removal of the ear plugs by the child.

Children over 3 years can also wear Junior Muffs which will fit up to a small adult. They can also wear reusable swim plugs, which will save money in the long run.