

## Typical problems in noisy places

### Lipreading Skills are more essential now than ever before

If you find that you hear better when you are looking at someone full face, then you have probably started lipreading already. Lipreading enhances your abilities. It is a very useful tool to help when you are in a noisy situation.

Health advisers' predictions are quite alarming regarding Hearing Loss in the over 50's, By 2035 one in two people will suffer hearing loss or even earlier than this predicted age.

There are many causes that contribute to this. We often hear about air pollution, loneliness, and Alzheimer's, but there is also noise pollution. Loud noise is all around us. We can often switch off to many of these factors:

**Loud Music**, Discos, street bands, In restaurants and Pubs, enjoyable but harmful to the ears.

**Heavy traffic**, large Trailers, Lorries, Motor Bikes with their bafflers removed, noise from revving engines, Airplanes, Police and Ambulance alarms.

**Supermarkets & Shopping Centres**. Trolleys etc., It is upsetting to see young babies who are distraught by the lights and excess noise. Their young ears hear 100% of noise. This can be very painful and damaging to the inner ear.

**Kitchen appliances**. Electric whisks, washing machines, the vacuum cleaner, kettles, and pans.

Hearing loss can be devastating it can occur through illness, medication, chemotherapy drugs occasionally, ear damage or ageing, very loud noise. Many of the factors that contribute towards loneliness, at first isolation and depression, unable to communicate well with others. The brain shuts down gradually, unnoticed and very dangerous, it has been attributed even to the onslaught of Alzheimer's and disease.

What is better in life than keeping up with the fun we can have, the music we enjoy, current affairs, Plays and Theatre going, and even Television sometimes.