

**( PREVENTION OF HEARING LOSS FOR  
PUBLIC EDUCATION )**

***Register No. 8504***

***An Independent project submitted as part fulfilment for  
First year M.Sc. (Speech and Hearing)  
to the University of Mysore.***

**All India Institute of Speech & Hearing**

**MYSORE-570 006.**

**MAY—1986**

MY DEAREST PARENTS  
TO WHOM  
I OWE MY EDUCATION AND LIFE

## CERTIFICATE

This is to certify that the Independent Project entitled: **PREVENTION OF HEARING LOSS FOR PUBLIC EDUCATION** is the bonafide work done in part fulfilment of First Year M,Sc., (Speech and Hearing) of the student with Register No.8504.

Director  
All India institute of  
Speech and Hearing  
Mysore - 570006.

## CERTIFICATE

This is to certify that the  
Independent entitled: **PREVENTION OF**  
**HEARING LOSS FOR PUBLIC EDUCATION** has  
been prepared under my supervision and  
guidance.

Dr. (Miss) S.Nikam  
Prof, & Head,  
Audiology Department.

## DECLARATION

This Independent Project; entitled: **PREVENTATION OF HEARING LOSS FOR PUBLIC EDUCATION** is the result Of my own study under the guidance of Dr. (Miss) s. Nikam, Prof, and Head, Department of Audiology, All India; Institute of Speech and Hearing, Mysore - 570 606, and has not been submitted earlier at any Univesity for any other Diploma or Degree.

Mysore

Dated: May 1986

Register No.8504

## **ACKNOWLEDGEMENT**

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My sincere thanks to:

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My very special thanks to my family members for their constant support in my work and also to my friends Sunitha, Manjula, Radhika, Latha, sridevi, Bharathi and others for giving me repeated assurance and encouragements. I thank Ms.Rajalakshmi R Gopal for typing this project neatly and artistically.

## PROLOGUE

### "F O R YOUR EARS O N L Y "

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There is an old saying that "we hear twice as much as we speak". so, the ear is important.

Because the ear can perceive sound and brain interprets it, man is enabled to reach out from his small world of self into the minds, hearts and the worlds of his fellowman to enter other eras, cultures and civilisations to become one of the company of mankind. He does this through the medium of verbal language and the miracle of language is the outcome of men's ability to hear.

Hearing influences man long before there is awareness of the spoken word, almost in fact, before the time of birth. soon after birth, the Infant has a diffuse mass of vague sensations Which later gets discriminated by nervous system maturation. It is the scheme of the nature to have a rhythm of development between the sensorimotor and the psychic system so that each may reinforce the other in the infants slow and gradual climb to maturity, A major aid in this climb is the sense of hearing.

Special features of the ear includes amazing things like discrimination of the louder and softer sounds, high pitched and the low pitched.

If there is damage to the hearing mechanism the above functions will be lost partially or totally. The causes can be direct or indirect Which may be before birth, during birth and after birth like viral infections, trauma, drugs, hereditary, etc. etc...

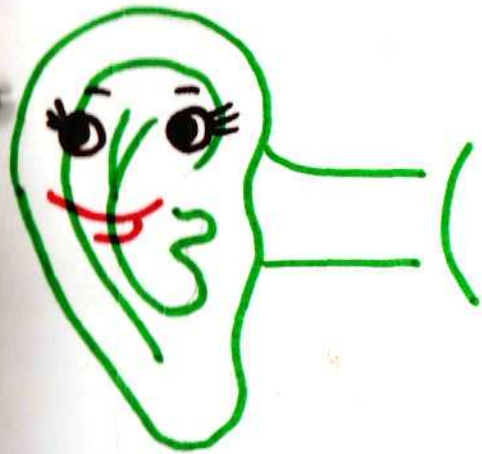
Hearing loss affects man both physiologically and psychologically like withdrawal from society, nervousness, irritability, instability etc... Sometime, hearing loss causes irreversible damage to the hearing mechanism, so, the best policy is "TO HEAR THE BEST. PREVENT THE LOSS OF HEARING".

Prevention of hearing loss must be given the top priority for good hearing in one's life time.





# WHAT IS INSIDE?

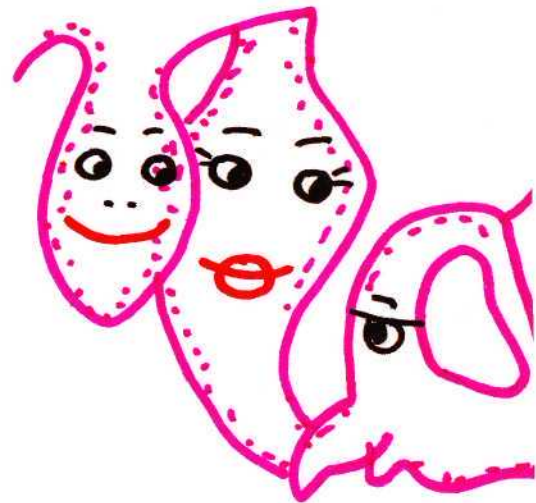
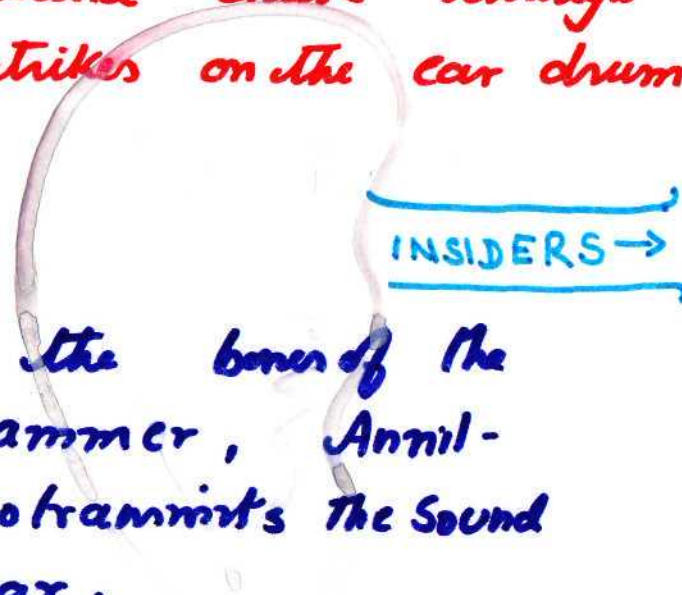


I am the external ear with pinna as my body and ear canal as my arm. Sound enters through this canal and strikes on the ear drum.

We three are the bones of the middle ear - Hammer, Anvil - and Stirrup - who transmit the sound to the inner ear.



I am the snail shaped cochlea of the inner ear with  $2\frac{3}{4}$  turns. I send the sound to the brain.



# WHAT GOES ON INSIDE ?

1. Our hearing mechanism enables us to localize the source of sound.
2. Our hearing acts as a feedback mechanism i.e., we hear our own voices by our hearing mechanism.
3. Our ear helps in discriminating the softer sounds from the loud ones, high pitched from the low pitched.
4. Hearing helps in maintaining a relationship in the society.
5. It also aids in the individual's psychic development.

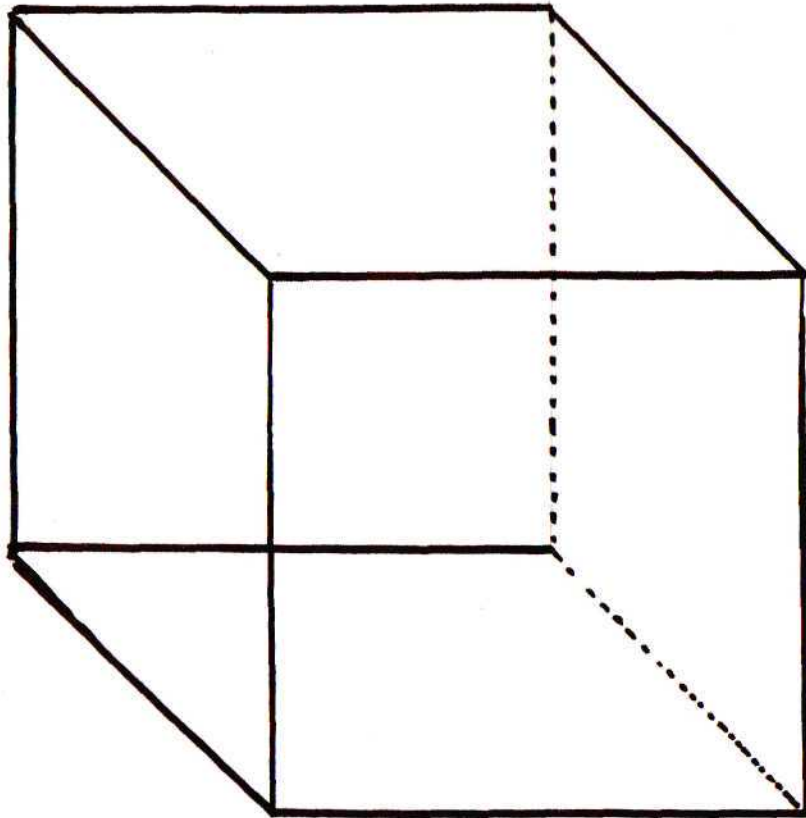
# WHAT'S GONE WRONG INSIDE?



- Is it wax?
- Is it full of fluid?
- Is it fixation of the bone?
- Is it rupture of the ear drum?

YES! YOU MAY HAVE THIS PROBLEM  
seek help!

# A Small plot



Middle Ear

is a

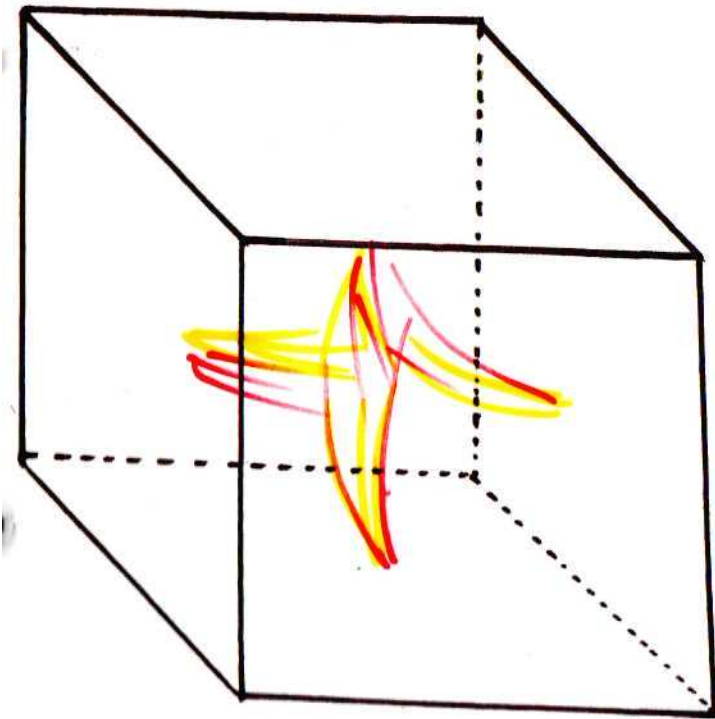
Six Walled Cavity

**MIDDLE EAR IS A SMALL PLOT**

Don't let infections thrive within the six walls.

# NIGHTMARE OF

# EAR DISCHARGE



If timely treatment is not taken,

- Hearing loss increases.
- Infection progresses.
- Deafness follows.

DONT CLOSE YOUR EYES....

...TO WHAT GOES  
ON IN YOUR  
EARS

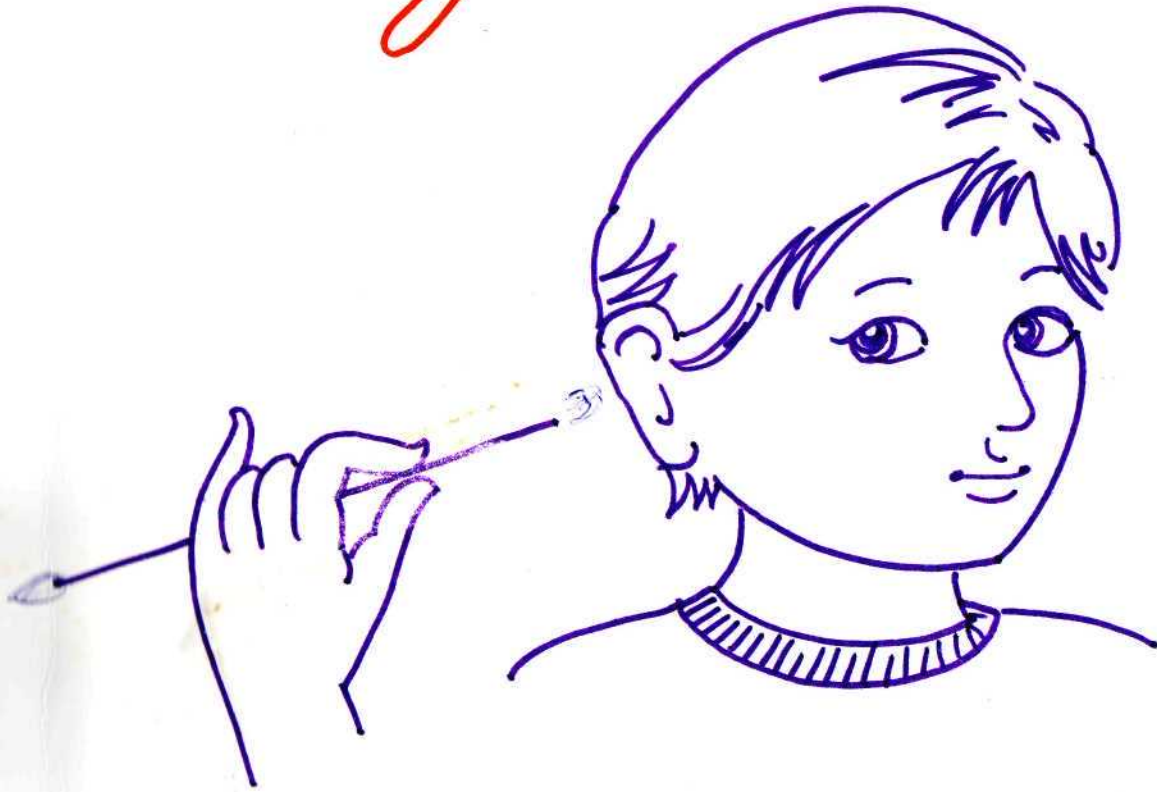
THERE MIGHT BE

- \* disease progressing
- \* wax accumulating

\* timely care leads to complete cure



Show you mean business



LEAN YOUR EARS - THE RIGHT WAY

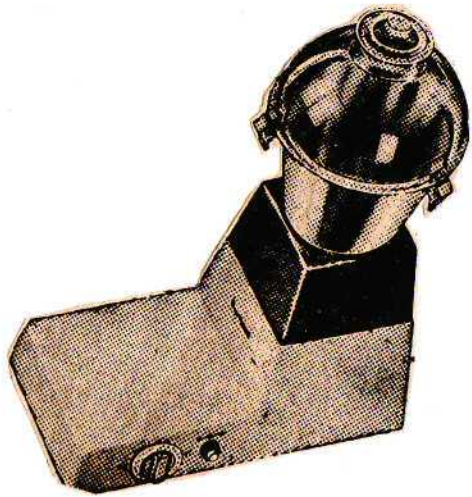
STYLE

OF YOUR

LIFE



# HOUSE WIFE



Reduced noise from

house-hold appliances puts

less strain on your nerve

and on your hearing.



*Continuous  
Exposure to Loud Noise  
Erodes your hearing*



Disco  
DANCE

**GIVE BREAKS IN THE MIDDLE**



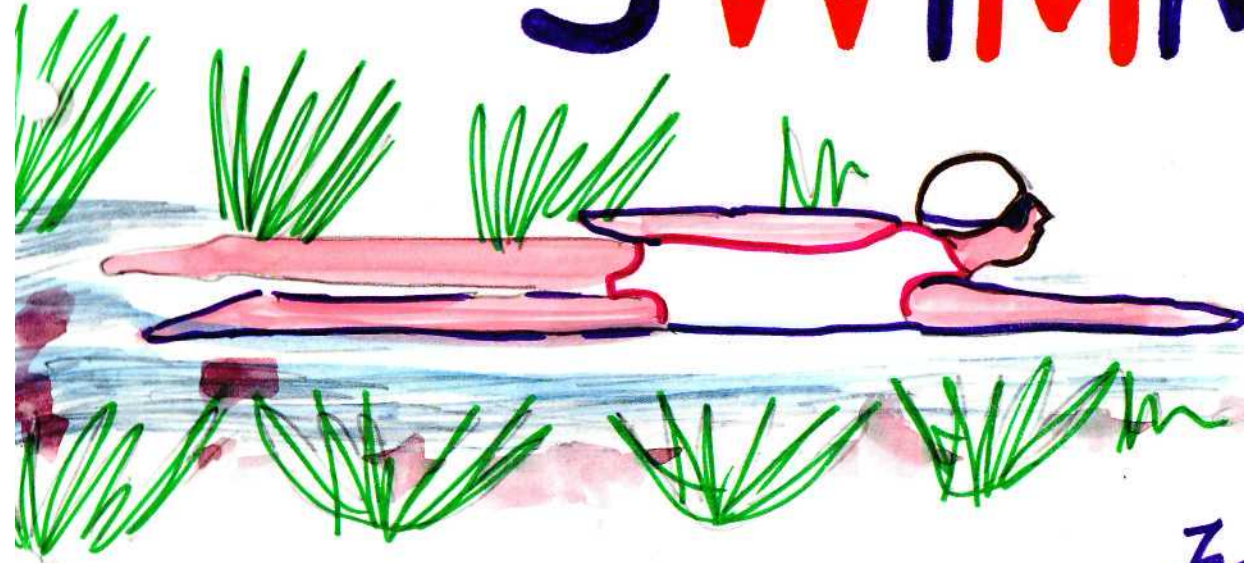
HUNTER

Make Sure!

You don't shoot away your hearing

Wear your ears with ear protectors when you go on a hunting trip

# SWIMMER



Water in the  
Swimming pool may  
Harbour hidden enemies.

protect your ears!

Get your self an earmold.

it is .

easily available  
painters

and inexpensive .

TO DOUBLE THE PLEASURE



...YOU NEED  
NOT  
TWICE AS  
MAKE IT  
LOUD

AVOID Exposing yourself to loud sound

ALL'S  
FAIR IN  
LOVE

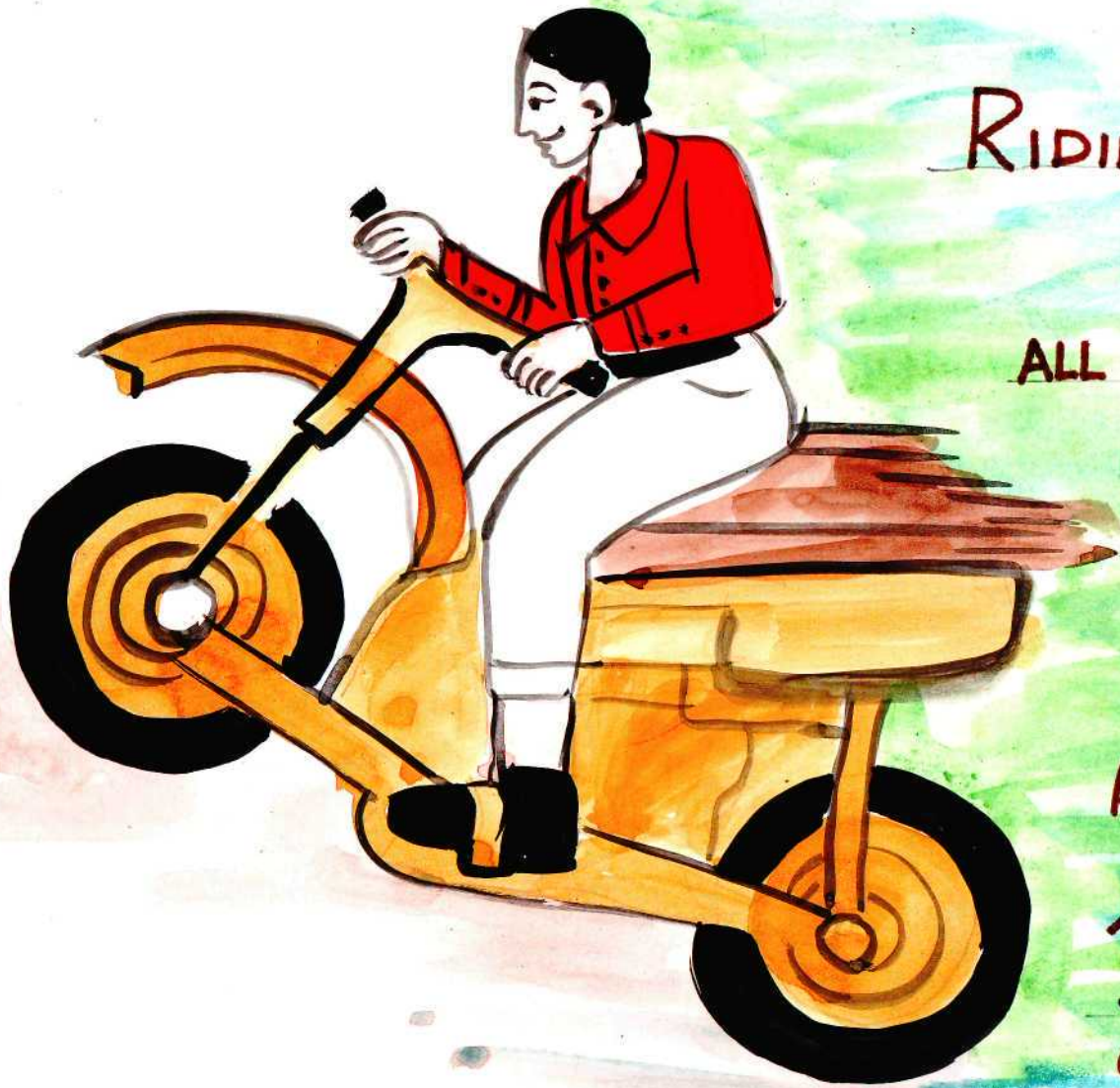
BUT...



.... Its not fair to remove the silencer.

LOUD NOISE MAY AFFECT  
YOUR HEARING  
&

THAT OF OTHERS TOO.



RIDING BARE HEADED IS

ALL VERY WELL BUT

BEWARE

A fall can cost you your  
hearing as well as  
your pride.



# ALL IN THE FAMILY



Hearing loss can be hereditary.

GET YOUR HEARING CHECKED PERIODICALLY IF THERE IS A HISTORY OF HEARING PROBLEM IN YOUR FAMILY

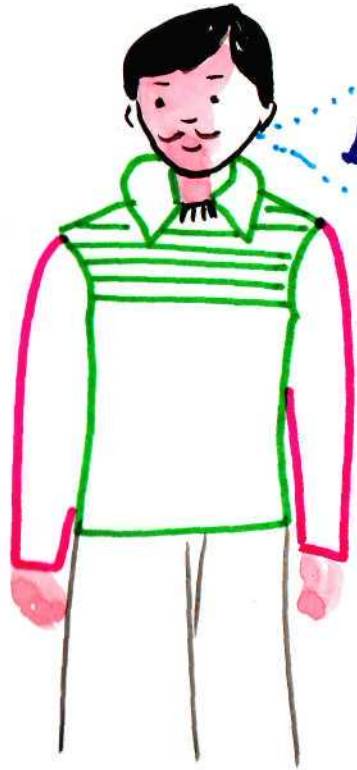
A HEALTHY TRIMESTER  
LEADS TO A HEALTHY EAR

A UNHEALTHY TRIME  
LEADS TO A DAMAGE  
EAR

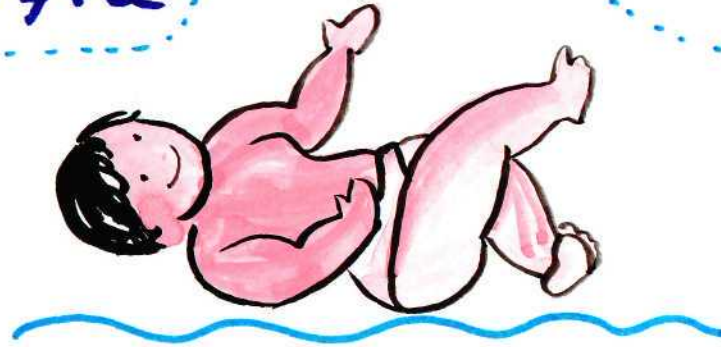


The ear develops completely by Second Trimester

# BORN FREE



Born free



with good health.



Because of proper care

1. Diet
2. Avoiding Infection
3. periodic checkup
4. Avoiding Accidents

} During pregnancy

BETTER LATE  
THAN NEVER

NOW IS BEST

WHERE THE EAR & HEARING  
IS CONCERNED

# HEARING TESTS

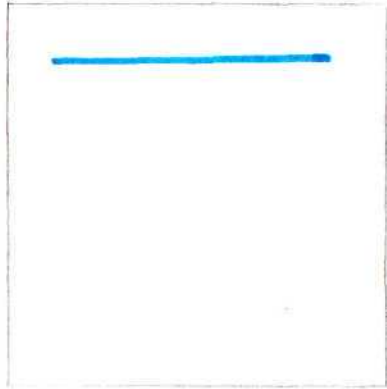
HEARING TESTS SHOW NORMAL OR NOT NORMAL BECAUSE THERE MAY BE A TUMOR GROWING. DISEASES PROGRESSING. THE PROBLEM IS DUE TO NOISE EXPOSURE.

Hearing loss is increasing.

Helps in seeking proper treatment.

Earfully yours  
Audiologist

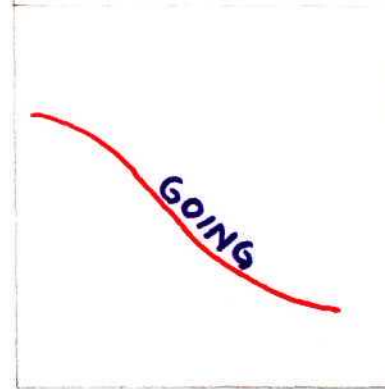
# DONT WAIT TILL ITS ALMOST GON



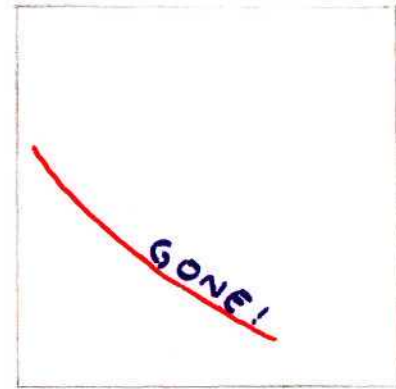
NORMAL



MILD PROBLEM



MODERATE TO  
SEVERE PROBLEM



PROFOUND

Hearing test results are represented as abo

IF TIMELY ACTION IS TAKEN,

HEARING LOSS CAN BE PREVENTED.

# TWO IS COMPANY.



Two ears are essential to enable you to capture her every whisper

It is necessary for enjoyment of music with stereo effect.

It helps in identifying whether the voice is her/his.

preserve your hearing in both ears.

Take precautions against the disease which cause hearing loss.

ABC of  
Good hearing  
for Long years.

**AVOID**

Using match sticks, Hair pins, to clean your ears

**BEWARE**

of loud noise.

**CARE**

for your ears by cleaning the ears.

**DONT**

walk, but run to a specialist, when you notice a hearing pro

**EVALUATION**

of your hearing periodically is a must especially if there's a hearing loss



DON'T GIVE ME DIAMONDS AND RICHES  
HELP ME BE MYSELF!

immunization should be  
done from time to time.

test your ears periodically  
when you are working in  
a noisy place.

wearing helmet is a  
must while riding.



clean your ears with  
appropriate material

Periodical check up  
in 6 months is a must

Undertake appropriate  
treatment as soon as you  
notice a problem.

INSTITUTE OF  
LIBRARY

## EPILOGUE

*Friends,*

Hope it was a nice experience going through this. Take the suggestions given in this guide to hear with case.

If your interest in prevention of hearing loss has been kindled after going through this, the worker *will be gratified.*

If your criticisms and suggestions are most welcome to the Department of Audiology, All India Institute of Speech and Hearing Manasagangothri, Mysore -570 006.

"WISHING YOU HAPPY HEARING"  
Thanking you,

Your guide

Register Number 8504