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TO YOUR HEALTH

Daily Journal staff report

Caregivers can receive some TLC at workshop

"When They Rely on You," a workshop to encourage and support caregivers, will take place from 9 a.m. to 1 p.m. March 10 at Primo Banquet and Conference Center, 2615 E. National Ave., Indianapolis.

Lunch will be served and opportunities for pampering will be offered.

Cost is \$10. Seating is limited and prepayment is required. Information: 865-5865

Scholarships open to students in health fields

The Johnson Memorial Hospital Guild will offer four scholarships of \$2,500 to seniors who plan to continue their education in a health-related field.

Qualified applicants must fit in one of the following categories:

- Graduates or seniors from a Johnson County high school
- Johnson Memorial Hospital teenage volunteer from any high school
- Child of a hospital employee from any high school

The scholarship will be awarded based on the student's academic performance (B average or better), leadership skills, citizenship and financial need.

Applications are available at the gift shop or the information desk at the hospital, 1125 W. Jefferson St., Franklin.

Applications must be submitted by April 15.

Camp provides low-price fun for asthma patients

Asthma Camp for children ages 7 to 14 with moderate to severe asthma is scheduled for June 25 to 30 at Happy Hollow Children's Camp in Nashville.

Children will be supervised by physicians, respiratory therapists, nurses and pharmacists 24 hours a day.

Activities include swimming, horseback riding, archery, canoeing, life-skills and leadership development and asthma education that teaches campers to manage their conditions more effectively.

The fee is \$125 per child, and scholarships are available.

Children who qualify for free or reduced-price school lunches and live in Marion, Morgan, Boone, Hamilton, Hancock or Hendricks counties can attend at a reduced rate from June 18 to 23, July 2 to 7, July 9 to 14, 16 to 21 or 23 to 28.

The fee is \$45 before May 1 and \$50 after that.

Build bone health with healthy diet, enough exercise

Healthy bones can go a long way toward promoting quality of life and avoiding disability. Try these tips:

Weight-bearing exercise creates new bone cells, since bones respond to stress by generating even more cells than usual. Running, jogging and even walking also stimulate bone cells to generate more cells.

Get the daily allowance of vitamin D and calcium recommended for your gender and age.

Vitamin D is produced in the skin by exposure to the sun, so get a modicum of exposure.

Lifting weights strengthens bones, decreasing the risk of injuries.

A bone mineral density test can be revealing about bone health. Your doctor will know if one will be beneficial for you.

Talk to your doctor before implementing any suggestions to be sure they are appropriate for your situation.

SOURCE: Dr. Robert Schmerling, of Beth Israel Deaconess Medical Center and Harvard Medical School, in an IntelliHealth Online article

— Scripps Howard News Service



Music players and cell phones popular with young people can give them premature hearing loss when the volume is turned up too loud for too long. Ears need periods of rest from the constant barrage of high-decibel sounds, hearing experts say.

PHOTO ILLUSTRATION BY MATT OOLEY/mooley@thejournalnet.com

Earbuds: Hazardous for your earhealth?

Now hear this: Take a rest from constant blare of music, cell phones

Is your iPod too loud?

Ask yourself the following questions:

- Do you frequently ask people to repeat themselves?
- Do you have difficulty hearing when someone speaks in a whisper?
- Do people complain that you turn up the volume too loud when watching TV or listening to music?
- Do you have difficulty following conversation in a noisy place?
- Have your friends or family suggested you might have hearing loss?

SOURCE: Robert Novak, Purdue University News Service

By CHELSEA SCHNEIDER
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For about an hour every day, Ian Cress cranks up his iPod to full blast and listens to bands like System of a Down and Disturbed.

Cress, a sophomore at Whiteland Community High School, sets the digital music player high enough so people he passes can jam to the songs too.

"It's music," said Cress. "Music is worth being loud."

But when does a rock-out turn into a blowout for the ears?

Damage from portable music devices is gradual, said Kathleen Corbin, an audiologist at Riley Hospital for Children in Indianapolis. Beginning effects of noise-induced hearing loss aren't very noticeable.

If the person sitting next to you can hear music coming from your iPod, the most popular type of digital music player, the volume is too high, she said.

The human ear can withstand 90 decibels, the sound of a lawnmower or loud traffic, safely for eight hours. Every time the decibel rises five points, the safe time is cut in half, Corbin said.

Some portable music players go as high as 112 decibels, similar to the noise level of a chainsaw. People shouldn't listen to noises higher than 110 decibels for more than half an hour, according to the U.S. Occupational Safety and Health Administration.

In France, portable music players are limited to



"Music is worth being loud."

Ian Cress, 16

Loud is a common volume level.

Jed Key, 16



100 decibels. But that's not so in the United States. And that's not without consequences.

A Purdue University professor cites portable music devices as a reason that young students have older ears.

"We're starting to see hearing loss in young adults that we expect to diagnose in middle-aged adults," Robert Novak, director of clinical education in audiology at Purdue, said in a news release.

"This loss is often self-induced and may be related to young people's exposure to amplified sound and use of personal listening systems, such as cell phones and portable music devices, that students seem to be always using," Novak said. "The damage can be temporary or permanent."

The earbud, a new trend in earphones, further amplifies the volume of portable music players because the noise is closer to the eardrum, Corbin said.

On its Web site, Apple Computers, maker of the iPod, warns against using earbuds or headphones at high volume.

Novak said, "(Teens') ears have very little quiet time to recover from noise exposure. Often, listeners play music too loudly to drown out background noise in these environments."

Whiteland high school sophomore Nick Cannon-Mason, 15, said only two of his friends don't have some type of portable music player. He listens to his device from the time he gets home from school to the time he goes to bed. But he says he keeps it at a safe volume level.

Cannon-Mason keeps his music player low enough so he can hear what's going on around him and makes sure the volume isn't loud enough to make his ears ring, he said.

Ringling is a warning sign of noise-induced hearing loss, Corbin said.

Jed Key, 16, a Whiteland student, compares his portable music player's volume to the noise level of a rock concert. When he experiences ringing in his ears, he turns his iPod off for 15 to 20 minutes.

Novak warns against constant use of portable music players.

"People, especially young adults on a campus, have something in their ears almost all the time as they walk from class, visit the library, work in the computer lab, drive in their cars and rest in their apartments," he said.

"A healthier alternative is to find a truly quiet place to study and minimize the use of headphones coupled directly to the ear."