

## *RECYCLE OLD OR USED HEARING AIDS*

All styles & models wanted,  
*no matter the condition* of the  
hearing aid.

Drop off your old hearing aids in any  
Lions Eyeglass Collection Box, Loan  
Out Center or contact any Lions Club.

*Thank you for recycling!*

The Lions Hearing Conservation Society has Loan Out Centers where **you can borrow** a variety of amplification and 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

[www.20wlions.org](http://www.20wlions.org)

## LION LOAN OUT CENTERS

### Madison Hearing Center

14 Columbia Circle West Drive, Suite 202  
Albany, NY 12203  
Voice: (518) 690-2060

### Northeastern Association of the Blind at Albany

301 Washington Avenue  
Albany, NY 12206  
Voice: (518) 463-1211, ext. 241

### Madison & Saratoga Hearing Center

81 Miller Road, Suite 700  
Castleton, NY 12033  
Voice: (518) 689-0792

### Center for Better Hearing

318 Ridge Street  
Glens Falls, NY 12801  
Voice: (518) 638-4363

### Audiologic Solutions

361 Fairview Avenue, Suite 350  
Hudson, NY 12534  
Voice: (518) 631-2564

### Saratoga Hearing Center

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

### Schoharie Office for the Aging

113 Park Place, Suite 3  
Schoharie, NY 12157  
Voice: (518) 295-2001

### Resource Center for Independent Living

131 Genesee Street  
Utica, NY 13503  
Voice: (315) 797-4642 Ext. 2928  
TTY: (315) 797-5837

### Capital Region Hearing

9 West Sand Lake Road  
Wynantskill, NY 12198  
Voice: (518) 326-1742

## LIONS HEARING CONSERVATION SOCIETY OF NEW YORK STATE



*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.



***We Serve***

Lions Hearing Conservation Society 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 and to educate the public on what causes hearing loss and how/when to protect yourself from damaging noise.

## HOW TO PROTECT YOUR HEARING

- ◆ Wear hearing protectors, such as earplugs or earmuffs
- ◆ Move away from the noise
- ◆ Lower the volume

### PROTECTION FOR CHILDREN

For noise protection, smaller earmuffs are the more appropriate for children. Ensuring the necessary airtight seal without harming the tiny ear canal makes inserting earplugs difficult. Earplugs can also become a choking hazard if they fall out or are pulled out by the child. Without an airtight seal earplugs will not provide the rated noise protection.

### HEARING DAMAGE

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.

Noise-induced hearing loss affects the quantity and quality of sound. Understanding human speech becomes difficult because words become indistinct. Excessive sound exposure damages hearing by over stimulating the fine hair cells within the inner ear. When these hair cells are damaged, they no longer transmit sound to the brain. Sounds are muffled.

## LEVELS OF NOISE

In decibels (dB)

### Painful & dangerous

*Use hearing protection or avoid*

- ◆ Fireworks 140 dB
- ◆ Gun shots
- ◆ Custom car stereos (at full volume)
- ◆ Jackhammers 130 dB
- ◆ Ambulance

### Uncomfortable

*Dangerous over 30 seconds*

- ◆ Jet planes (during take off) 120 dB

### Very loud

*Dangerous over 30 minutes*

- ◆ Sporting events 110 dB
- ◆ Car horns
- ◆ Concerts (any genre of music)
- ◆ Snowmobiles 100 dB
- ◆ MP3 players (at full volume)
- ◆ Lawnmowers 90 dB
- ◆ Power tools
- ◆ Blenders

***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

## WHY PROTECT YOUR HEARING

Noise-induced hearing loss:

Can build over time

Is permanent

Is preventable

### IS YOUR HEARING AT RISK?

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

Ringling 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.



### LIONS AFFORDABLE HEARING AID PROJECT (AHAP)

The Affordable Hearing Aid Project is an initiative of the Lions Hearing Conservation Society of NYS. It provides hearing aids manufactured by Oticon to those in financial need. If you are in need of a hearing aid, please contact your local Lions club at [www.20wlions.org](http://www.20wlions.org).

For more information on noise visit:

[www.noisyplanet.nidcd.nih.gov](http://www.noisyplanet.nidcd.nih.gov)

or call 1 (800) 241-1044