



Stan & Fran's Health Hints

May 2010



NIX THE NOISE

Loud sounds can permanently damage a child's hearing. Noise-induced hearing loss may occur gradually overtime or occur suddenly from a one time exposure to an extremely loud noise. Many every day noises can put your child at risk for hearing loss.

....What is too loud?



MP3/iPods and Personal Stereos (volume should only be 1/2).



Lawn Equipment—lawn mowers, leaf blowers.



Recreational equipment like jet skis, motorboats, ATVS and snowmobiles.



Power tools—chainsaws, jackhammers, etc.



Gunshots.

Noise-induced hearing loss can be prevented. Teach your children to know when loud is too loud.

You Know its Too Loud When:

- You must raise your voice to be heard.
- You have difficulty understanding someone who's an arm's length away.
- You have pain, ringing or buzzing in your ears after exposure to loud sounds.
- Speech sounds muffled or dull after noise exposure.



Protect Your Child's Hearing By:

- Turning down the volume.
- Wearing earplugs or other appropriate ear protection.
- Limiting exposure to loud sounds.



Resource links for teaching children how to protect their hearing:

<http://www.dangerousdecibels.org/virtualexhibit.cfm>

<http://listentoyourbuds.org/>

<http://www.speechandhearing.ca/en/consumer-info/children/noisy-toys/noisy-toys-safety-tips>



May is

Build Strong Bones!

Osteoporosis Prevention Month.

Childhood and teenage years are the most important times to develop strong bones for life. Good nutrition and physical activity help build peak bone mass. Eat well!! A balanced diet that contains foods rich in calcium and vitamin D is essential for healthy bones. Eat a variety of these bone building foods each day:

- Milk or Fortified Soy Beverage
- Yogurt
- Canned Fish with Bones
- Cooked kale or collard greens
- Oranges, apricots and dried figs
- Almonds and Brazil nuts



Be active...!!

The more we use our bones the stronger they get. Weight bearing activities are best for developing dense bones.

Encourage your kids to be involved in some of these bone building activities:

- Hockey
- Skiing
- Soccer
- Hiking
- Dancing
- Jump Rope
- Volleyball
- Skate Boarding
- Skating

