

THE EFFECTS OF LOUD NOISE ON MUSICIANS



DEPRESSION
ANXIETY
INABILITY TO FOCUS

DISRUPTED SLEEP PATTERNS
SHRINKING BRAIN TISSUE
(cognitive)
PANIC DISORDERS

MUSCLE
TENSION

TINNITUS *(permanent ringing in the ears)*
INABILITY TO HEAR SOFT SOUNDS
INTOLERANCE OF LOUD SOUND
PERMANENT HEARING LOSS
PITCH DISCRIMINATION PROBLEMS
(hard to stay in tune)

ABNORMAL HEART RHYTHM
(your heart tries to sync to the beat of music)

RESTRICTED BLOOD FLOW
(hardening or narrowing of arteries due to heart diseases restricts blood flow to the cochlea, which is responsible for your hearing ability)

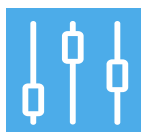
PATIENTS WITH DIABETES are more likely to suffer hearing loss as high blood glucose obstructs blood flow to cochlea. Diabetes can lead to an inability to flush toxins from inner ears.

DID YOU KNOW?

VISIT NOMAF.ORG/SAFESOUNDS



Chronic conditions can exacerbate hearing loss.



Moderate noise levels (approx. between 40 – 60 decibels) gets the creative juices flowing.



Smoking constricts blood vessels and smokers are more susceptible to hearing damage.