

Health and Wellness Tip of the Week - Week 35

Monthly Topic

August is Healthy Vision & Eye Care Month. It's the perfect time to remind employees about the importance of caring for your eyes.

August 31, 2015

Now Hear This

As with our eyesight, our ability to hear, changes as we age. The gradual loss of hearing, known medically as presbycusis, is common with about one-third of Americans older than age 60 and one-half of those older than age 75 experiencing hearing loss.

Physicians believe that both heredity and extended exposure to loud noises, such as a noisy workplace environment or music played at too high a volume, are the main factors that contribute to hearing loss. If you are regularly exposed to loud noises, schedule a screening test to determine if you have a hearing impairment. Also, be vigilant about protecting your hearing in situations that expose your ears to high levels of noise.

By having the right attitude and following these strategies and protective measures, you can help keep your eyes and ears open for years to come.

Source: www.bcbstx.com



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