

Whole text of the interview (the images help to understand the impact of the subject)

Parents know: complaining doesn't work. Sons and daughters don't reduce the volume. Otolaryngologists worry with the increasing number of young people with tinnitus. Some of the enemies are much closer than we think.

Playing is fun for the kids. Really? Maisa, the youngest, loves to play. However, Amanda cannot stand it for a long time. Noisy sounds annoy and can even damage hearing over time.



"Noise may be very aggressive in some situations", says the doctor Tanit Ganz Sanchez.

She knows what she says. Dr. Sanchez, the kids' mother, is also the chief of Tinnitus Research Group in University of São Paulo. When she started to study tinnitus, it was common to see middle-age and elderly patients. However, the number of young people with tinnitus due to noise exposure is progressively increasing.

Tinnitus is an early symptom that may appear much before the young patients start to complain about hearing problems. An indicator that it is time to change the habits and search for help.

"This habit of hearing loud music through ear phones seems to have a representative role in the increasing phenomenon", says Tanit Ganz Sanchez.

A research in United States showed that the mean volume of MP3 available in 2006 varied from 68 a 108 dB, which already mean a potential risk to the ear. Users frequently hear it close to the loudest volume and for many hours.

Good Morning Brasil (GMB): Do you use ear phone?

Young guy (YGY): Ahn?

GMB: Do you use ear phone?

YGY: Yes, I do.

GMB: Loud music?

YGY: Ahn?

GMB: Loud music?

YGY: Yes.

In the shopping center, noise may reach 96dB.

GMB: Can you hear well here?

Young girl (YGL): What?

GMB: Can you hear well?

YGL: Sorry, I didn't get what you said.

GMB: Can you hear what people say?

YGL: Oh, no.

"The damage to the ear is cumulative. The more and the longer you are exposed, the more is your risk to have tinnitus and hearing loss", awares the doctor Tanit Ganz Sanchez.

The best thing to do is prevention.

"We recommend that users do not overcome the medium volume of each device and that he/she makes intervals, avoiding long consecutive exposures", advises Tanit Ganz Sanchez.

Doctors estimate that about 28 million Brazilians have tinnitus. This is a health problem difficult to treat and may lead to depression in some cases. So, searching for early help may be important for treatment.