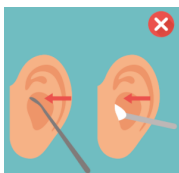


Tips for Protecting Your Hearing

1. Never attempt to remove earwax by yourself



It's normal for our ears to produce earwax. It actually protects the ear canal. Normally, earwax gradually works its way out of the ear canal, so we don't need to remove it intentionally. If you try to clear earwax by yourself, you're more likely to push the earwax deeper into the ear canal, thus causing earwax blockage.

Besides, putting any object into the ear can cause serious problems such as injury of the skin of the ear canal, ear infection, rupture of the eardrum, or even hearing loss. In case of earwax blockage, we should consult healthcare professionals. Do not remove earwax by yourself.

2. Avoid listening to loud sounds for long periods of time



In general, keep the volume of your personal device to **less than 60%** and give your ears a **15-minute break** after **one hour** of listening. Also, it is better to opt for noise-reducing headphones.

3. Wear protections when necessary



Earmuffs and custom-made noise-canceling earplugs help minimize our exposure to hazardous noise. Some noise-canceling earplugs come with special filters that allow us to listen to conversations while the background noise is reduced.

Similarly, custom-made swimming earplugs keep our ears clean and away from debris.

4. Have your hearing checked periodically by a qualified audiologist



Just like any health checkup, monitoring your hearing is essential so that proper management and early intervention may be applied when necessary. It is recommended to have your hearing checked annually by an audiologist.