

Always hear!





We are all surrounded by a world filled with a variety of sounds. But not all people can hear all this variety of sounds. The International Day of Ear and Hearing Health is celebrated annually in March. The day dedicated to the protection of ear and hearing health was established by the World Health Organization. The motto of the World Hearing Day is "Always hear!".



Hearing loss is a common sensory disability. The main cause of deafness is called genetic disorders, chronic infections, a number of diseases, the influence of certain medications and harmful environmental factors, primarily noise. According to doctors, about half of all hearing disorders can be prevented.

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- Experts are concerned about the growing level of exposure to loud sounds in cultural, entertainment and sports facilities, such as nightclubs, discos, pubs, bars, cinemas, concert halls, stadiums and even fitness centers. Audio players, headphones are used to listen music with unsafe volume levels and for a long time. Regular exposure to loud sounds poses a serious risk of hearing loss.

To protect your hearing:

- Limit exposure to loud sounds.
- Listen to "live" sounds.
- Check your hearing conditions regularly.
- Do not self-medicate.
- Go to a doctor's appointment immediately if you notice an unexpected hearing loss.

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