

World Day of the Deaf

World Day of the Deaf is celebrated every year on the last Sunday of September. This year it will be celebrated on 30th September 2018. This day also aims to promote understanding among common people about the problems of deaf people in the community all over the world.

As per WHO, some facts about Deafness:

- Chronic ear infections are the major cause of hearing loss.
- Noise is one of the main avoidable causes of hearing loss.
- Sign language helps to facilitate communication with deaf people.
- 50% of hearing loss is preventable through public health activities like immunization; healthy ear and hearing care habits.
- Up to 5 of every 1000 infants are born with or eventually develop disabling hearing loss in early childhood.



Causes of Deafness:

- Infections including ear infection, meningitis etc.
- Ageing, Heredity
- Earwax build-up
- Occupational hazards (those who are working in noisy areas)
- Trauma, Ear disease
- Certain medicines
- Long-term exposure to loud noise

Tips to prevent hearing loss:

Avoid inserting sharp objects in the ear

Avoid noisy places

Turn down the volume of TV, stereo, especially the headset on the music player

Do not use any kind of oil or liquid into your ears unless advised by a doctor

Do not ignore pain in the ear as it can be some serious infection.

Avoid swimming/bathing in dirty\ water as it can lead to ear infections.

FAQs

What can I do to keep my ears clean?

Ears are self cleaning organs and do not require any kind of active cleaning. It is advisable to clean the ears only from outside. Do not insert any kind of object to clean your ears, until prescribed by the doctor.

Can I use traditional remedies in case of ear problems?

No. It can cause damage to ear drum, thereby causing serious ear infections.

I am a music lover and I am addicted to listening music through earphones, is it harmful?

The risk of hearing loss increases if the music is loud and is played for long duration. Continuous exposure to loud sound can damage hearing. It is advisable to play the music at low volume with breaks in case you are using earphones.

References: <http://www.who.int/> , <http://www.who.int/mediacentre>