

Mayo Clinic Medical Edge

Noise & Air Travel

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	WHEN YOU'RE FLYING, SLIPPING ON A PAIR OF EARPHONES TO ENJOY A LITTLE MUSIC OR A MOVIE CAN HELP PASS THE TIME AND DROWN OUT THE ENGINE NOISE.
Jan Stepanek, M.D. Track 2 (6:55)	"IN A JET YOU CAN HAVE ABOUT 90-DECIBELS ON TAKE OFF AND IN A PROP IT CAN BE UP TO 100 OR MORE DECIBELS ON TAKE OFF. IN CRUISE IT CAN BE ANYWHERE BETWEEN 85 AND 90-DECIBELS."
	BUT ACCORDING TO AEROSPACE MEDICINE SPECIALIST AND MAYO CLINIC, DR. JAN STEPANEK THAT

	<p>CAN BE A PROBLEM. WHY?</p> <p>BECAUSE TO HEAR YOUR MOVIE OR MUSIC YOU MAY NEED TO TURN UP THE VOLUME TO OVERCOME THE ENGINE NOISE.</p>
<p>Dr. Stepanek Track 2 (7:30)</p>	<p>“YOU MIGHT BE EXPOSING YOUR EARS, OVER TIME, TO ENOUGH LOUD SOUND THAT IT COULD LEAD TO GRADUAL DECLINE IN THE HIGHER FREQUENCIES.”</p>
	<p>INSTEAD, DR. STEPANEK RECOMMENDS PAYING ATTENTION TO HEARING PROTECTION AND POSSIBLY USING NOISE CANCELLING HEADSETS SO THE MUSIC OR WHATEVER YOU'RE LISTENING TO DOESN'T HAVE TO BE SO LOUD.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.</p>
