



From the Eagle's Beak

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**Benedictine
University
Student Health
Services and**

Brain Strain! Brain Drain?

Hearing Loss! Are You Too Young?

Hearing loss has long been associated with aging. But, with the onset of advances in technology and more options in portable music players hearing loss is becoming a growing concern among young people. More than 10 million Americans suffer from noise-induced hearing loss.¹ The loss of hearing occurs gradually over time and is not detected by most people until the loss is significant.

Hearing loss associated with personal music players has to do with the volume /intensity of sound, the length of exposure to sound, and the type of headphones used.

Listening to an iPod at full volume is equivalent to the sound of a jet at take-off. That is 120dB(decibels). Noise precautions should be used with sound above 80dB which is comparable to the noise of a lawn mower.

Ear bud type earphones can contribute to significant hearing loss because the ear bud sits inside the ear against the eardrum.

Final exam time has to be one of the most grueling and stressful times for a college student. All nites, skipped meals, and lots of caffeine seem to be an all too familiar scenario.

Final exam time tests your brain, but your body is challenged, too. At a time when you most need sleep, nutrition, and relaxation, you go into overdrive. No time to eat, no time to play, and no time to sleep. Study, study, study. STOP!! Ask yourself am I going to be at my best?

Mentally prepare by organizing yourself. Schedule regular study time, do not procrastinate, schedule breaks into your routine, as well as sleep.

Physically prepare for exams by eating a well balanced diet at regular intervals, include snacks into your meal plan, and participate in some form of physical activity every day. Your brain needs fuel to perform

iPods, other types of MP-3 players, and ear phones can be safe, if used properly. Recommendations for safe use include:

- Limiting duration of use to 4 or 5 hours max.
- Keep sound level at 70% of full volume. If you listen at 50% of full volume, then there are

at its best.

Healthy nutritious meals include a variety of foods. A well balanced plate should be 1/3 protein such as poultry, beef, pork, seafood, or legumes, and 2/3 fruits, vegetables, and whole grains/fiber.

Snacks should be limited to 200 calorie portions of complex carbohydrates such as fruits, vegetables, nuts, legumes. Complex carbohydrates boost energy and sustain the energy boost until the next meal.

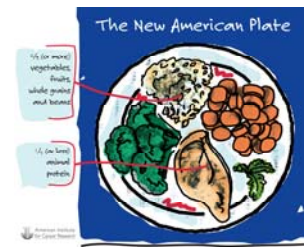
Avoid falling into the trap of skipped meals, consuming mass quantities of energy drinks, and cram sessions. This behavior contributes to your overall stress and detracts from your well-being.

An organized and discipline approach to final exam study schedule will benefit you not only mentally, but physically as

no duration restrictions.

- Research the different type of headphones. Child-safe ear buds keep volume level below 80dB.

¹ *Mayaan Heller, Chicago Parent Magazine, May 23, 2008*



2/3 or more of vegetables, fruit, or beans. 1/3 or less of animal protein

well.

Visit Sodexo's website www.balancemindbodiesoul.com for more tips on eating healthy and coping during final exam time.

Keep Your



Opened!

- * Stress OUT Zone, Campus Ministry Conference Room, Dec. 9,10,11,12- 9:30-4:00
- * Free Messages: 11 to 1 Wed. Dec. 10 in Krasa A and Thurs., Dec. 11 in KN 145