

MAY 2022

2201 Murphy Ave, Suite 215 | Nashville TN | Danielle Fabry, MD

May 27: "Don't fry"

The National Council on Skin Cancer Prevention encourages everyone to avoid overexposures to the UV rays of the sun. Remember to protect your skin while you're enjoying the sunshine outside.



May 31: No Tobacco Day

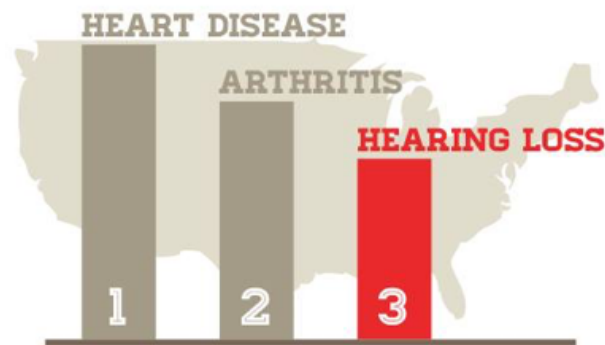
No Tobacco Day was created by the WHO and is observed worldwide as a public health announcement for the dangers of tobacco use.



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HEARING LOSS IS THE THIRD MOST COMMON HEALTH PROBLEM IN THE UNITED STATES.



Listen up!

May is Better Hearing and Speech Month

The American Speech-Language-Hearing Association promotes hearing health and raising awareness for those who are deaf or hard of hearing.

- **1 in 4 adults** are estimated to have noise induced hearing loss, a cause of hearing loss that is *preventable*
- Noises **70 decibels or lower** are considered safe to listen to for an extended period of time. Sounds **80 decibels or greater** can lead to hearing loss if exposed for more than 8 hours
- It is recommended to wear ear protection at loud events
- Keep the volume to half when using headphones or earbuds
- Take listening breaks every hour when using headphones or attending loud events