

## Media release

Please fill in this form and return it to [graduateschoolhealth@au.dk](mailto:graduateschoolhealth@au.dk) in Word format along with a portrait photo in JPEG format, if you would like it to accompany your media release, no later than three weeks prior to your defence.

### Basic information

Name: Thomas Winther Frederiksen

Email: thofre@rm.dk Phone: 78464276

Department of: Clinical Medicine

Main supervisor: Henrik A. Kolstad

Title of dissertation: Occupational Noise Exposure and Individual Risk Factors for Hearing Loss and Tinnitus

Date for defence: 24.03.2017 at (time of day): 2.00 p.m. Place: Lecture Theatre "Merete Barker", Aarhus University

Media release (Danish)

Forebyggende tiltag mod støjbetinget høretab og tinnitus ser ud til at have effekt.t

At intens støjpåvirkning kan give høretab og tinnitus har været kendt gennem mange år. Forebyggende tiltag med støjreduktion og høreværn på arbejdspladsen blev indført i 1970'erne, og i 1984 kom der lovgivet om grænseværdier for støj. Resultaterne fra en ny undersøgelse fra Arbejdsmedicinsk Klinik, Aarhus Universitetshospital tyder på, at disse tiltag har båret frugt.

En gruppe på cirka 500 arbejdere fra 10 af de mest støjende industrielle brancher i Danmark blev fulgt fra 2001 til 2010. Både i 2001 og 2010 blev støjniveauer på arbejdspladserne målt, og deltagerne blev undersøgt for høretab og tinnitus.

Resultaterne fra den nye undersøgelse viser faldende støjniveauer fra 2001 til 2010 og ingen sammenhæng mellem støjniveauerne på arbejdet og høretab eller tinnitus i måleperioden. Disse resultater ændrer ikke på det faktum, at intens støj kan være skadeligt for hørelsen, men tyder på, at forebyggende tiltag i form af oplysning og lovgivning på området har haft effekt.

Forsvaret af ph.d.-projektet er offentligt og finder sted den 24.03.2017 kl. 14.00 i Merete Barker Auditoriet, Aarhus Universitet, 8000 Aarhus C. Titlen på projektet er "Occupational Noise Exposure and Individual Risk Factors for Hearing Loss and Tinnitus". Yderligere oplysninger: Ph.d.-studerende Thomas Winther Frederiksen, +45 78464276, e-mail thofre@rm.dk..

Media release (English)

Preventive measures against noise induced hearing loss and tinnitus may have proven to be effective

Intense exposure to noise has been recognised as a risk factor for hearing loss and tinnitus through many years. Preventive measures in terms of noise reduction and mandatory use of hearing protection devices were implemented in the 1970s, and in 1984 maximum permissible noise exposure levels were enforced. Results from a recent study from the Department of Occupational Medicine, Danish Ramazzini Centre, indicate that these preventive measures may have born fruit.

A group of about 500 workers from the 10 manufacturing trades in Denmark with the highest reporting of noise induced hearing loss was followed from 2001 to 2010. Noise and related disorders in terms of hearing loss and tinnitus was measured at the site.

No association was between occupational noise exposure and hearing loss and tinnitus during the follow-up period. Also, a general decline in work site noise levels was observed from 2001 to 2010.

These results do not change the fact that intensive noise exposure can cause hearing loss and tinnitus but indicates that preventive measures in terms of information and legislation may have proven effective.

The defence is public and takes place on 24.03.2017 at 2 p.m. in Lecture Theatre "Merete Barker", Aarhus University, 8000 Aarhus C. The title of the project is "Occupational Noise Exposure and Individual Risk Factors for Hearing Loss and Tinnitus". For more information, please contact PhD student Thomas Winther Frederiksen, +45 78464276, e-mail thofre@rm.dk

### **Permission**

By sending in this form:

- I hereby grant permission to publish the above Danish and English media releases as well as any submitted photo.
- I confirm that I have been informed that any applicable inventions shall be treated confidentially and shall under no circumstances whatsoever be published, presented or mentioned prior to submission of a patent application, and that I have an obligation to inform my head of department and the university's Patents Committee if I believe I have made an invention in connection with my work. I also confirm that I am not aware that publication violates any other possible holders of a copyright.