

# The Health Effects of Noises

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## Introduction

Some of you may be suffering from the loud noises. In fact, I'm one of those people. Every morning, I am woken up by noise because I live near a major road, which leaves me feeling quite irritated. This experience led me to research the topic. I found that everyday noise can cause serious problems, so we must take action to address it.

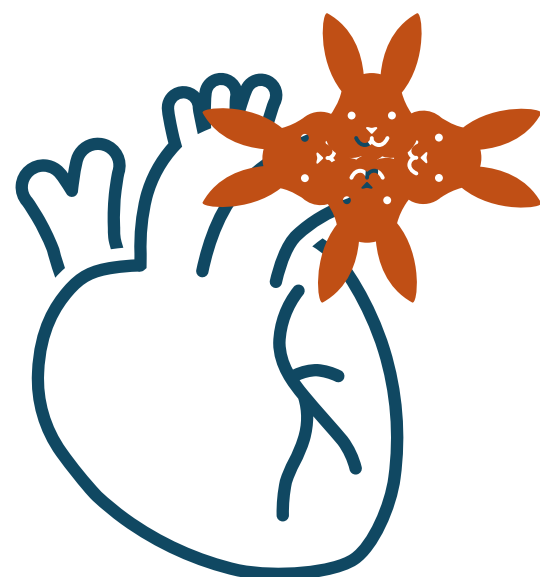


## Health Effects Caused by Noise

- Hearing Loss



- Heart Attack



- Stroke



✂ Noise doesn't just hurt your hearing, but it's also tightly linked to cardiovascular diseases such as heart attacks and strokes.

## Reference

Biddle, J., & James, P. (2025, June 2). *How noise pollution quietly affects your health*. UC Davis Center for Occupational and Environmental Health. <https://coeh.ucdavis.edu/research/how-noise-pollution-quietly-affects-your-health>

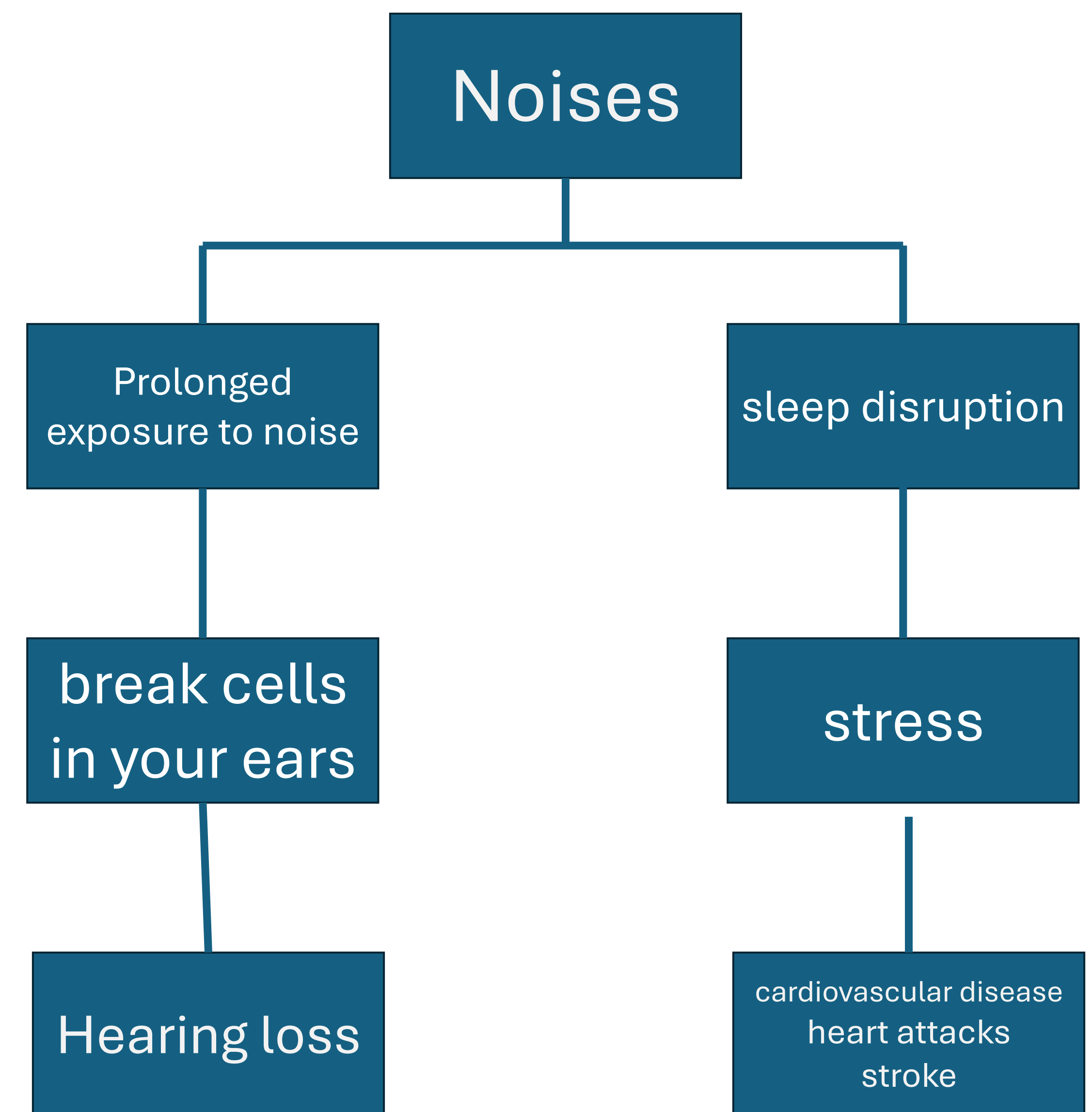
Vox. (2021, June 28). *Is city noise making us sick?* [Video]. YouTube. <https://www.youtube.com/watch?v=qryWWGP0kKs>

## Contact

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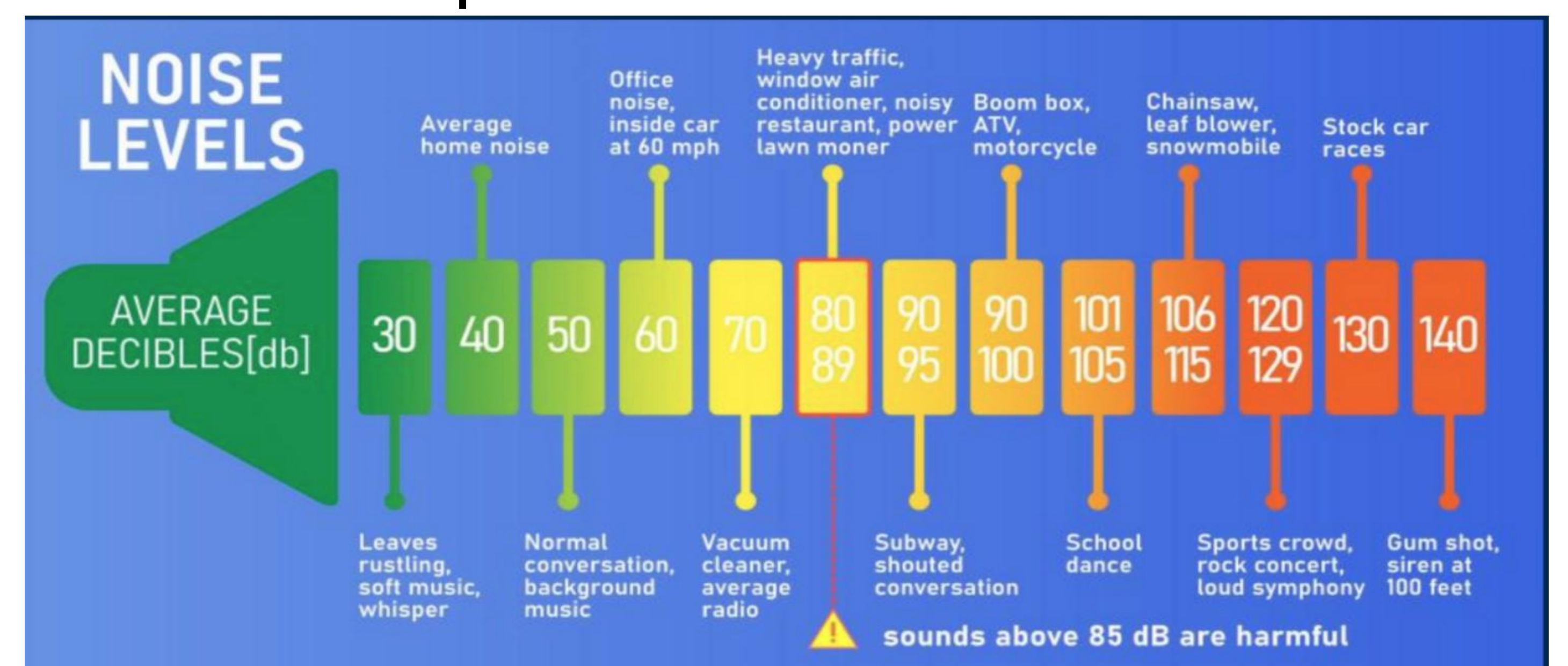
## The Reasons Why Noise Causes

### Health Problems



## Noise Level

- Sounds above 80-89 dB are harmful
- the noise of traffic is about 85 dB
- The noises in everyday life can cause a serious problem



## Conclusion

The noises in everyday life can cause serious problems such as hearing loss, strokes and heart attacks, so you we must take action to address it.

