

Love Your iPod? Tune In to Good Health

iPods are popular fitness tools and can motivate any workout but listening to them for extended periods of time can, eventually, affect your health.

Perhaps you have heard the warnings: iPods® cause hearing loss ... iPods interfere with pacemakers ... jogger struck by lightning wearing an iPod ...

The reports are out there, but is anyone listening and is there really any cause for concern? The answer is “yes” and “no.”

Listening to your portable music player (iPod or MP3 player) for extended periods of time at high decibels can, eventually, affect your hearing. MP3 players can also interfere with pacemakers in the same way as microwave ovens and cell phones.

Jogging in a thunderstorm is, of course, never a good idea. Doing so with an iPod sparked a debate last year when the New England Journal of Medicine reported that a 37-year-old jogger was struck by lightning while wearing one. His injuries traced but it remains uncertain whether the iPod itself was responsible.

This all being said, iPods are still one of the most popular fitness tools of our time. Just take a look at the numbers of people plugged in at your local gym. There is no question that the right music gets us going and keeps us moving.

What's more, Podcasts (informational broadcasts downloaded to a computer or iPod) offer access to an endless array of health topics from CPR to yoga to nutrition.

iPods are also great resources to transport important medical information, such as your medication dosages, emergency contacts and known allergies.

