

Efficacy of Otoprotective Drugs in Preventing Noise Induced Hearing Loss

the effects of magnesium (Mg) intake on

Conclusions

At present, only two supplements with otoprotective abilities in animals (NAC and magnesium) have been tested on humans. Experimental research suggests a potential role for magnesium in protecting against NIHL, however, NAC has shown no such preventive ability.

The methodological limitations of the studies with regards to the type of noise exposure, length and intensity of exposure, along with the dosage size, time of dosage and long term effect of use of any supplement require further study before recommendation for use in a clinical setting is proposed. Other factors that require consideration would include the cost of use of a supplement in conjunction with current hearing conservation programs.

One difficulty in studying the protective ability of any supplement arises from the ethical problems caused by exposing humans to known sources

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