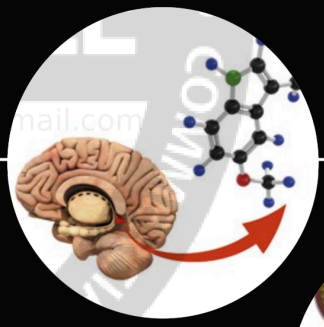
- Noise

Noise puts the body on alert

Noise is more than just a bombardment of your eardrums. It affects the entire body and can cause anything from hearing damage and high blood pressure to sleep problems and even cancer.

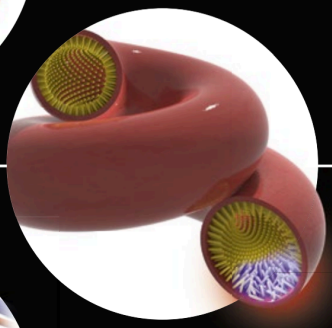
Loud sounds increase cancer risk

Studies have shown links between noise and cancers such as breast and colon cancer. One of the reasons may be that noise inhibits the brain's production of the sleep-regulating melatonin hormone, which has anti-cancer properties.



Noise destroys small hairs

The powerful sound waves of loud noises can impair our hearing by destroying tiny sensory hairs in the inner ear. The hairs can no longer convert the sound waves into the electrical signals that are sent to the brain, causing deafness.



Noise causes higher blood pressure

Studies show a clear link between noise and an increased risk of high blood pressure. This means that the blood presses too hard on blood vessel walls, which could cause damage to organs.



Noise causes harmful fat

Noise can cause obesity, due to its stressful effects on the body. One of the reasons why obesity is harmful is because the body's proportion of internal fat located around the organs gets too high. The fat secretes cytokines, which could lead to organ inflammation.



Noise triggers stress hormone

The body perceives loud noises as a potential danger. So the pituitary gland tells the kidneys to produce the hormone cortisol, which puts the body on alert. However, this can lead to high blood pressure, inflammation, and other negative effects.



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