**Dr. Warren Licht Warns of Dangers of Listening to Loud Music**

Dr. Warren Licht is an internist for New York Downtown Medical Associates in Manhattan. He has a litany of experience in the medical field, and he was sought by the New York Post to comment about a lawsuit against Apple in 2006. The lawsuit, filed by John Kiel Patterson, regarded the decibel limit in Apple's ear buds. Patterson claimed that Apple's music player neglected to warn of the potential for hearing loss from listening to music on its ear buds too loudly. According to Dr. Warren Licht, "repeated exposure to high-level volumes can definitely cause damage to your ears.”

The iPod enables users to listen to music at a level of 115 decibels. What makes this dangerous is the fact that listening to an iPod at 110 decibels for more than an hour will cause at least some degree of damage. Many users may not listen to their music players at full blast, but the fact that there is no warning about listening to music at this level is, according to the lawsuit, a serious issue. The New York Post also sought Dr. Warren Licht for ideas regarding how to solve this issue. He suggested turning the iPod on before putting ear buds in as a way to regulate the volume before the ear buds are in users' ears.