

Tinnitus

What it is and what you
can do to treat it.



What is tinnitus?



Tinnitus (“TIN-a-tus” or “Tin-EYE-tus”) is the medical term for the sensation of hearing sound in your ears when no external sound is present. In most cases, tinnitus is a subjective noise, meaning only the individual with tinnitus can hear it. Typically, people describe the sound as “ringing in ears,” though others describe it as hissing, buzzing, whistling, roaring and even chirping.



Did you know?

- > Tinnitus is the *leading service-related disability* among U.S. veterans?
- > Tinnitus can occur at *any age*, and may begin suddenly or progress gradually.
- > The *most common causes* of tinnitus are:
 - Noise exposure (*e.g. from artillery and explosions*)³
 - Aging
 - Head injury
 - Side effects from medication

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The effects of tinnitus are real

Because tinnitus is subjective, it affects people in different ways. For some, it’s a minor annoyance, one they can deal with easily. For others, it can result in more serious issues, such as:

- Long-term sleep disruption
- Changes in cognitive ability
- An inability to concentrate (e.g., completing tasks or reading)
- Stress in relationships
- Anxiety and depression
- Employment challenges

Sadly, there is no known cure...

Currently, there is no known tinnitus cure. No surgery or pill has been shown to get rid of tinnitus in any clinically accepted study.

...but there is relief

According to the American Tinnitus Association, there are ways to get tinnitus relief, including **counseling** and **sound therapy**. They recommend that anyone with tinnitus should see a clinician experienced in tinnitus treatment.



Hearing aids can be an effective part of any sound therapy

Sound therapy can be effective in treating tinnitus because it may make the tinnitus less noticeable or mask the tinnitus. Hearing aids may be included as a critical component of a sound therapy program.

Different products work in different ways

Although most hearing aids can alleviate tinnitus, certain hearing aids have **built-in technology specifically for tinnitus relief**. Work with your clinician to see which one is right for you.

***For help with tinnitus relief,
talk to your clinician.***

The
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