



TINNITUS

Audiologists can help.

What is tinnitus?

Tinnitus is the perception of sound in the absence of an actual external source. It can sound like **ringing, whooshing, hissing, clicking, humming, buzzing, pulsing** or **chirping**.

Tinnitus can be present in one or both ears, either some or all of the time. It can range from being unbearably loud to very soft. It is often more noticeable in quiet situations or at night.

Tinnitus can be mild or very bothersome. It can affect a person's work and social life. In severe cases, it can cause **headaches, tiredness, insomnia, anxiety, irritability** and **depression**.

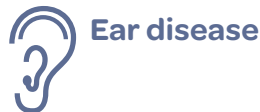
Possible causes:



Hearing loss



Noise exposure



Ear disease



Cardiovascular issues



Stress



Medications

Tinnitus is a symptom, not a disease.

Managing tinnitus

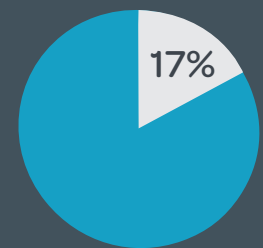
There are many options available to help you manage your tinnitus. Your audiologist can help you decide which options are best for you. For example:

Hearing aids: Many people with tinnitus also have hearing loss. Hearing aids can help you hear better and decrease your perception of your tinnitus.

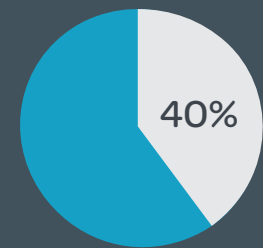
Sound therapy: Other sounds can be used to cover up or mask your tinnitus. It may also be helpful to listen to sounds that match your tinnitus.

Counselling: Knowledge is power. Your audiologist can talk to you about your tinnitus and explain how your body reacts to it. This knowledge can make it easier for you to manage your symptoms.

Tinnitus habituation (retraining): The brain has a great ability to relearn. This technique combines directive counselling and sound therapy.



Tinnitus affects about **17%** of the population.



In about **40%** of tinnitus cases, the cause is unknown.



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If you or someone you know is experiencing tinnitus, contact an audiologist today.