



WHAT IS TINNITUS?

Tinnitus, pronounced as tin-NIGH-tis or TIN-uh-tis, is the perception of sounds or noises in one ear, both ears, or the head. These sounds can be perceived as ringing, buzzing, roaring, hissing, crickets, static, dial tone, pulsing, or whooshing.

It is estimated that over 25 million Americans per year experience tinnitus. Many of these individuals experience chronic tinnitus, meaning the perception does not dissipate. Tinnitus can be an indication of damage to the ear, leading to a disruption of how sound is relayed to the brain.

COMMON CAUSES OF TINNITUS

<ul style="list-style-type: none">● Noise induced hearing loss / Acoustic trauma● Age related hearing loss● Earwax occlusion the ear canal● Ototoxic Medication● Head Injury / TBI● Temporomandibular Joint Disorder / TMJ● Sinus Pressure/ Barometric Trauma● Stress● Migraine● Lack of Sleep	<ul style="list-style-type: none">● Other Medical Conditions (not limited to):<ul style="list-style-type: none">○ Hypo/Hyper-thyroidism, Anemia○ Lyme Disease, Fibromyalgia○ High Blood Pressure, Atherosclerosis○ Depression, Anxiety, Stress○ Meniere's Disease, Thoracic Outlet Syndrome, Otosclerosis○ Tumor Related (rare): Acoustic Neuroma, Vestibular Schwannoma, or other tumorous growths
---	--

Managing Tinnitus

- | | |
|---|---|
| <ul style="list-style-type: none"><input type="checkbox"/> Sound Therapy<ul style="list-style-type: none">○ Hearing aids, sound generators<input type="checkbox"/> Stress Management<ul style="list-style-type: none">○ Physical/ Social Activity○ Recreation activities/ hobbies<input type="checkbox"/> Counseling / Cognitive Behavior Therapy / Acceptance and Commitment Therapy/ Biofeedback/ Hypnosis | <ul style="list-style-type: none"><input type="checkbox"/> Change in Diet/ Lifestyle<ul style="list-style-type: none">○ Healthy Diet○ Reduction of caffeine, preservative, alcohol, smoking○ Exercise<input type="checkbox"/> Support Groups<input type="checkbox"/> Medication Recommended by Physician/ENT<ul style="list-style-type: none">○ Lipoflavinoids○ Treatment of underlying conditions |
|---|---|