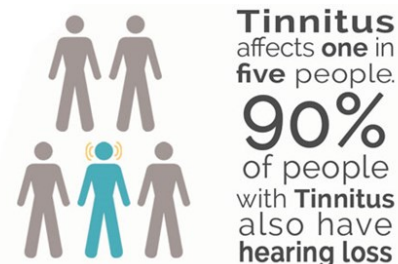









TINNITUS

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 sufferer can hear it. Typically, sufferers describe the sound as “ringing in ears,” though others describe it as hissing, buzzing, whistling, roaring and even chirping.



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-  "Exposure to loud sounds can damage delicate sensory cells of the inner ear"
-  "Drinking alcohol can lead to high blood pressure which can also aggravate your tinnitus"
-  "Salt restricts the blood flow to your ears thereby aggravating your tinnitus"
-  "Your stress levels can also affect the severity of your tinnitus"
-  "Drinking caffeine (eg. Coffee, tea, coke) may exacerbate your tinnitus"
-  "Smoking may lead to high blood pressure and heighten the effect of your tinnitus"
-  "Consuming excessive amounts of certain types of medication"

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 like; sleep disruption, risk of Alzheimer's / Dementia, inability to concentrate, stress/frustrations in relationships, anxiety and depression and employment challenges.

Sadly, there is no known cure...

Currently, there is no known tinnitus cure. No surgery or pill has been proven to get rid of tinnitus.

...but there is relief

If you suspect that you suffer from tinnitus, your first step is to see a hearing health care professional. The effects of tinnitus can be greatly reduced by a combination of counselling and sound therapy.

Sound therapy can be effective in treating tinnitus because it can help to minimize the contrast between the tinnitus and the surrounding sound environment. Hearing aids may be included as a critical component of a sound therapy program.

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

HEARING AIDS
CAN BE AN
EFFECTIVE PART
OF ANY
SOUND
THERAPY

Coping Techniques

Relearn how you hear

Listen to the world around you. Enjoy your favorite music. All these sounds deflects attention away from tinnitus.



Restful Sleep

The more active you are during the day, the easier it is to sleep at night. Avoid caffeine in the evening. Neither alcohol nor sleeping pills guarantee restful sleep.



Get active

Relish your social life with family and friends. Everything that increases well-being will decrease tinnitus' hold.



Avoid silence

Give yourself a break now and again but opt for enjoyable sources of sound stimulus like relaxing music.



Physical fitness

People who participate in sports are healthier and this also applies to people with tinnitus.



Relaxation

Because tinnitus causes tension, it is important to learn relaxation methods and use them regularly

