

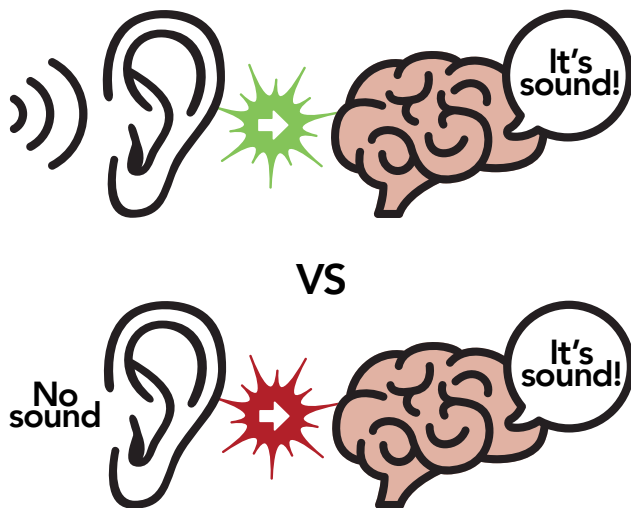
TINNITUS

(TIN-EYE-TIS) or (TIN-UH-TIS)



WHAT IS TINNITUS?

Tinnitus is the term for any sounds heard that do not have an external source.



When a sound enters the ear, the nerve fibers fire to let the brain know there is a sound. With tinnitus, the nerve fibers fire on their own.

- Tinnitus occurs in 10-15% of the US population.
- Of those with tinnitus, 80% report it is non-bothersome.
- 90% of individuals with tinnitus have hearing loss.

WHAT CAUSES TINNITUS?

There is no exact answer for why the nerve fibers fire on their own.

- Studies have been done where the hearing nerve is severed (cut) in patients with tinnitus and yet their tinnitus remained present. Meaning, tinnitus is produced or interpreted anywhere along the pathway from the auditory nerve to the brain.
- Tinnitus is a symptom with many known associations and sometimes unknown (idiopathic).

Some reported causes:

- Hearing loss
- Exposure to loud noise
- Trauma to head or neck (whiplash, concussion, skull fracture, etc.)
- Ear conditions (excessive earwax, infection, acoustic tumor, otosclerosis, etc.)
- Other (heart problems, stroke, stress, medications, surgery, diabetes, multiple sclerosis, TMJ disorder, aging, etc.)

IF YOU NEED TINNITUS SUPPORT: Starting with a hearing evaluation is a great first step. We will assess your hearing and make customized tinnitus recommendations. There is no cure for tinnitus. There are, however, management strategies that can make it less bothersome. **Call to schedule.**