

Tinnitus: Quick Facts

- *Tinnitus is the experience of sound that has no external source.*
- *Tinnitus is not a disease, but a symptom of a problem in the auditory system. Causes include:*
 1. Noise trauma
 2. Diabetes
 3. Physical injury
 4. Ear disease or infection
 5. Allergies, tumors, thyroid problems, or circulatory changes
- *Tinnitus is usually associated with hearing loss – but not always.*
- *51 million Americans have tinnitus.*
- *94% of patients seeking care for tinnitus are not offered treatment.*

Tinnitus Patient Management

There is no “cure” for tinnitus but effective treatment is available.

Step 1: Thorough medical evaluation to rule out illness

Step 2: Referral for a complete hearing evaluation

Treatment options include:

Hearing aids relieve tinnitus for many patients. Special features are available, such as *tinnitus maskers* and *fractal tone generators* to more specifically address patient needs.

Music Therapy can help patients habituate to their tinnitus.

Tinnitus Retraining Therapy helps patients control their response to tinnitus.