

Tinnitus: Fact Sheet

Causes of Tinnitus

- Hearing loss
- Noise Exposure
- Balance disorders
- Cerumen (ear wax)
- Middle Ear Infection
- Outer Ear Infection
- Increasing Age
- Foreign Body in Ear Canal
- Medications (e.g. NSAIDS, certain antibiotics, diuretics, quinine based, cancer medications)
- Temporomandibular Disorder (TMD)
- Sinus Pressure
- Barometric Trauma
- Stress and/or Anxiety
- Blood Vessel Disorder
- Migraines
- Autoimmune Disorder
- Alcohol Consumption
- Head Trauma
- Neck Problems
- Metabolic Disorder
- Immune Disorder
- Tumor (e.g. Vestibular Schwannoma)

What is Tinnitus?

Tinnitus is the perception of sound without a corresponding external sound source. It can be perceived as ringing, humming, hissing, or a cricket-like sound; the quality of sound varies for each individual. It can be heard in one ear, both ears, or in the head. It may develop gradually or suddenly and can be constant or intermittent.

Tinnitus can begin at any age and it affects people in very different ways. This condition can be burdensome and may cause or exacerbate anxiety, stress, depression, social isolation, sound sensitivity, and hearing difficulties. It often has a negative impact on the individual's quality of life.

Did you know?

- There is currently no scientifically proven cure for most cases of chronic tinnitus.
- ***The vast majority of tinnitus is caused by hearing loss and/or noise exposure.***
- Approximately 1/3 of adults report some tinnitus.
- Tinnitus is directly related to an increase in autonomic activity.
- The main treatment for tinnitus is auditory (sound) enrichment. For those with hearing loss, this would include hearing aids.
- Patients reporting tinnitus should have a hearing evaluation to rule out hearing loss. If you also have dizziness, a vestibular evaluation should be completed.

Treatment

Patients with tinnitus often report problems with their hearing, emotional state, sleep difficulties and poor concentration. If you suffer from tinnitus, a comprehensive ***tinnitus evaluation*** should be completed to determine the cause. The evaluation includes a hearing assessment. The audiologist will thoroughly review and evaluate your tinnitus and will develop an audiologic treatment plan, which may include amplification or other therapies.

Our appointment line is available Monday – Friday from 8AM – 5PM. Call (330) 972-5894 to schedule your appointment.