



Tinnitus?

we can help

S.E.N.T. Hearing Aid Center

what is tinnitus?

Tinnitus is described by many as a ringing, buzzing, roaring, clicking or hissing noise. Did you know if people were placed in a sound treated booth, 98% would have tinnitus? However, most of us with normal hearing hear other things in our environment and do not experience tinnitus in everyday life. The brain is preprogrammed to always perceive auditory stimulation and when the brain does not receive it, it tends to turn up the internal volume to receive some sort of sensation.

facts about tinnitus

- Tin-i-tus or Tin-night-us are both correct pronunciations
- Tinnitus is perceived or sensed not actually heard
- 30-50 million people in the U.S. experience tinnitus but only 5-10% are bothered by it
- Tinnitus is a symptom, not a disease
- 1 in 5 adults have tinnitus
- 1 in 15 seek help for tinnitus
- 68% is sudden onset
- Tinnitus can be controlled but not cured
- 70% of all tinnitus is caused by noise exposure

what to do if I have tinnitus

- Medical evaluation to rule out medical etiologies
- Audiological evaluation and possible tinnitus measurements
- Gather information, counseling, treatment and support



relief

- Tinnitus Restraining Therapy (by P. Jastreboff): An approach to relief that looks at the Limbic System (moods/emotions) and Autonomic Nervous System (controls body functions). www.tinnitus.org
- Rest, relaxation, and self-improvement strategies (yoga, exercise, self hypnosis)
- Sound Therapy: use of an open-fit hearing aid with or without relaxation sounds

possible causes of tinnitus

- noise trauma
- stress
- sensory neural hearing loss
- earwax blockage
- injury
- illness
- medication
- virus
- sudden hearing loss
- Meniere's Disease
- tumors
- Otosclerosis
- TMJ
- immune issues
- other

Schedule a consultation appointment today.

www.senthearingaids.com

relief

is only an appointment away...

Remember...

Although you **cannot** make tinnitus disappear as an entity, you **can** make it disappear as an issue.

S.E.N.T. Hearing Aid Center

Visit any of our four locations...

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Roseville • Folsom

916.736.1911

www.senthearingaids.com

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