



## **TINNITUS**

*TINNITUS & AUDIOLOGY  
CENTER*

**KRISTEN  
KENNER**  
*AUDIOLOGIST*



### **STATISTIC**

- ▶ 50 million Americans report tinnitus
- ▶ 17 million report significant or debilitating problem
- ▶ #1 disability reported by veterans
- ▶ 20% need from some form of intervention
- ▶ Everyone with tinnitus should be evaluated by an audiologist

### **Causes of Tinnitus**

- ▶ Hearing Loss
- ▶ Jaw Issues
- ▶ Cardiovascular Issues
- ▶ Stress
- ▶ Drugs
- ▶ Ear Wax
- ▶ Meniere's Disease
- ▶ Head or Noise Trauma

## **IS THERE A CURE?**



# MEET MIKE

## *Mild Tinnitus*

**MIKE'S PRESENTATION**

- ▶ Gradual awareness of tinnitus ~ 2 years ago
- ▶ Constant, high pitched ringing in both ears
- ▶ Tinnitus bothers him at the end of the day when he is fatigued and the house is quiet
- ▶ Mild sleep issues

**DOES STRESS AFFECT TINNITUS**

**MIKE'S TREATMENT PLAN**

- ▶ Demystification Counseling
- ▶ Take Home Strategies
- ▶ Sound Therapy
- ▶ Follow Up Schedule

**MIKE'S TREATMENT OUTCOME**

*At 9 Months*

# MEET MARY

## *Moderate Tinnitus*

### MARY'S PRESENTATION

- ▶ Tinnitus changed from intermittent to constant 2 years ago
- ▶ Tinnitus increased in volume in the last 6-12 months
- ▶ Finds tinnitus annoying but can ignore it when she's busy. Reports tinnitus affects her ability to hear, especially in difficult listening environments (grandkids, meetings, restaurants)
- ▶ No sleep issues

### MARY'S TREATMENT PLAN

- ▶ Tinnitus Retraining Therapy
- ▶ Take Home Strategies
- ▶ Amplification + Sound Therapy
- ▶ Follow Up Schedule

### MARY'S TREATMENT OUTCOME

*At 12 Months*

# MEET CARLOS

*CATASTROPHIC*

*Tinnitus*

## **CARLOS'S PRESENTATION**

- Sudden awareness of constant, loud, high-pitched tinnitus in both ears immediately following accident
  - Sudden onset of bilateral, high frequency hearing loss due to accident
- Always aware, distracted, anxious, annoyed, feeling like he cannot escape, decreased interest in hobbies
  - Overuse of hearing protection
- Severe sleep issues

## **CARLOS' TREATMENT PLAN**

- Tinnitus Retraining Therapy
- Ear Level Sound Therapy + Amplification
- Coordinated Referrals
- Hearing Protection Consultation
- Follow Up Schedule

# **CARLOS'S TREATMENT OUTCOME**

*At 18 Months*



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