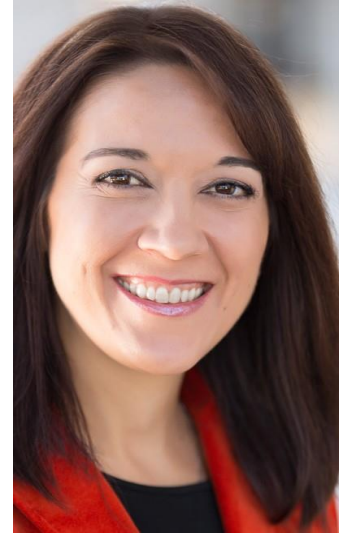




TINNITUS

TINNITUS & AUDIOLOGY
CENTER

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Questions & Answers Regarding Tinnitus

Tinnitus Statistics

- US Centers for Disease Control estimates over 50 million Americans have some form of tinnitus.
 - 20 million Americans suffer from chronic tinnitus and seek medical attention for it.
 - 2 million Americans suffer from debilitating tinnitus.
 - #1 service related injury for American Veterans

Is there a cure for tinnitus?

There is no cure for tinnitus. No pill, surgery, or treatment that permanently removes tinnitus.

If tinnitus is associated with a medical condition (i.e., thyroid, TMD) and that condition is resolved, tinnitus may go away.

Hair cell regeneration is on the horizon, maybe a decade away, which may provide tinnitus relief for some.

Hearing Loss & Tinnitus

- Tinnitus can be a symptom of hearing loss. Noiseinduced hearing loss is a common cause of tinnitus.
- Treating hearing loss, with hearing aids or combination devices, is often a key component to tinnitus relief.
- Combination devices are both hearing aids and sound generators. Sound generators produce broadband noises, fractal tones, and/or nature sounds which are used for sound therapy in many tinnitus treatment plans.

Somatosensory tinnitus

- Somatosensory tinnitus that can be associated with neck or jaw pain, head or neck trauma, TMD, teeth grinding, changes in tinnitus pitch/volume with jaw clenching or neck movement.
- Evaluation by a dentist or physical therapist may be helpful, depending on associated conditions.
- Treatment of jaw/neck issues, etc., may reduce or resolve tinnitus.

Trigeminal Neuralgia & Tinnitus

- Trigeminal nerve is responsible for sensation in the face and motor functions such as biting and chewing – the largest of the cranial nerves.
- Trigeminal neuralgia can affect the inner ear. Tinnitus can be associated with this condition. Treatment of trigeminal neuralgia can resolve tinnitus.
- If tinnitus persists, tinnitus retraining therapy may be beneficial.

Musical Tinnitus

- The perception of hearing music when none is being played.
- More common in women than men, those over 60 years of age, individuals with hearing loss, and those who live alone.
- Often no underlying cause is found. It is not commonly associated with a psychiatric disturbance.
- Treating hearing loss, such as wearing hearing aids, may provide relief. If not, other tinnitus treatment options, such as TRT, may be helpful.

Hyperacusis

- Disorder of loudness perception. It is an increased sensitivity to sound, where everyday sounds, easily tolerated by others, are uncomfortably loud.
- Can occur with tinnitus.
- Treatment is called Hyperacusis Desensitization Therapy, which helps restore normal loudness tolerance.

why is tinnitus in my head and not my ears?

- Tinnitus can be perceived in one ear, both ears, or somewhere in the head. All locations are considered normal variations of tinnitus.
- Tinnitus occurs in the central part of the auditory system in the brain.

what is a hair cell?

- Found in the cochlea.
- Sensory receptors of the peripheral auditory system which convert acoustic stimuli into electrical activity that the brain can then interpret as sound.
- Hair cell loss is caused by aging, noise exposure, ototoxic drugs, and genetic defects. Hair cell loss is permanent and causes hearing loss.

Complementary Therapies

- Homeopathy, herbal supplementation, acupuncture are common complementary therapies.
- None proven successful for all tinnitus sufferers. They are not without risk, even though they do not require a prescription. Be well-informed and seek guidance from medical professionals.
- Acupuncture, zinc supplements, vitamin B - no definitive study proving effectiveness for tinnitus relief. They may, however, be helpful if they improve one's overall health and wellness.
- Placebo affect can be high in tinnitus studies.
- Support tinnitus treatment when they address other conditions, such as anxiety, depression, and insomnia.

Diet & Tinnitus

- Those who suffer from tinnitus are NOT encouraged to drastically change their diet. Moderation is important with caffeine, sugar, salt - but typically one does not need to completely avoid certain foods.
- A heart healthy diet is good for your ears.
- If you notice a certain food triggers your tinnitus, you may reduce or avoid that food.

Why is my tinnitus louder in the afternoon?

- For some, tinnitus is louder in the afternoon because their environment gets quieter as their day comes to a close. They may also have more time in the evening to pay attention to their tinnitus.
- Fatigue, stress, or noise exposure can increase tinnitus perception at the end of the

Can you outgrow tinnitus?

- Some can naturally habituate to their tinnitus over time. This means tinnitus becomes less intrusive and less noticeable. The timing to naturally habituate varies widely between individuals.

Tinnitus Retraining Therapy

- A form of habituation therapy that uses a combination of low-level, broadband noise and counseling to lessen the awareness of tinnitus.
- The distress and annoyance of tinnitus are removed in successful cases.
- Studies have consistently shown 80%+ success rates with TRT, even one year post-treatment.
- Created by neuroscientist Dr. Pawel Jastreboff.

Tinnitus Evaluation

- Tinnitus Evaluation includes tinnitus pitch and volume matching.
- Includes a full hearing assessment.
- Medicare may pay for this diagnostic testing. Ask your audiologist regarding your particular circumstances.
- Tinnitus counseling performed at first appointment. Personalized treatment options are discussed at first visit.



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Next Hearing Solutions SIG Meeting

May 10, 2018 - 10: a.m. - Atrium

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