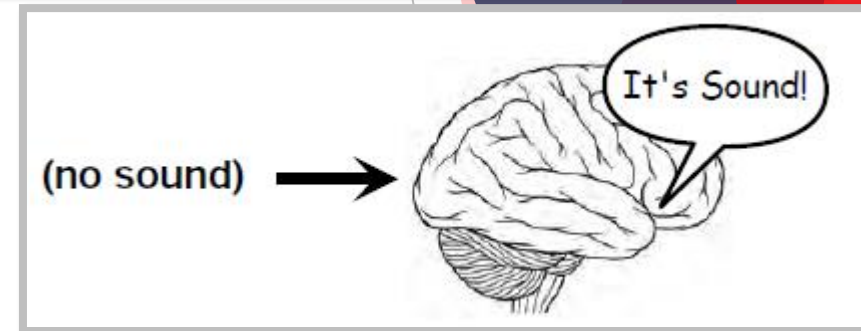
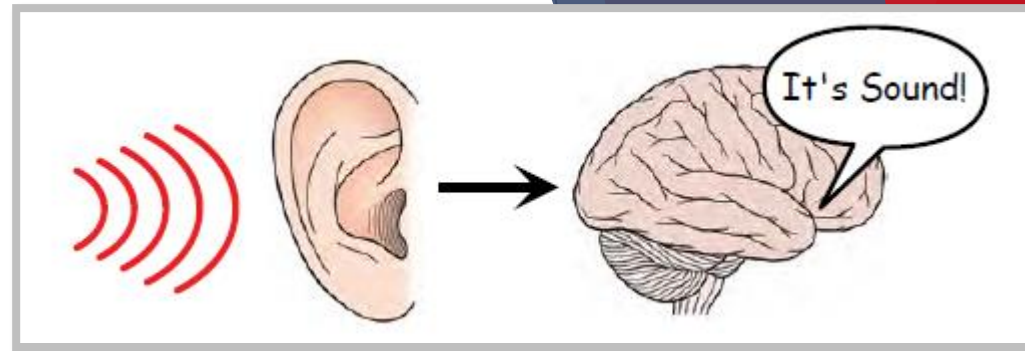


# What is Tinnitus

- ▶ Tinnitus is the term for any sounds heard that do not have an external source.
- ▶ Tinnitus may be described as ringing, humming, buzzing, a steady tone, chirping, crickets, static, music, etc.
- ▶ Research to identify cause and prevention of tinnitus is underway, yet at this time, there is no cure.



# Tinnitus Management Options

- ▶ No medication, supplement, or surgery is proven to eliminate tinnitus.
- ▶ *Tinnitus management strategies have been proven to reduce how bothersome/noticeable tinnitus is.*
  - ▶ How you feel about your tinnitus now is not the way you will feel about it over time
- ▶ Sound therapy along with effective coping strategies are beneficial

# Tinnitus Management Options

## Tinnitus AND Hearing Loss

- ▶ If hearing loss is present, first step is addressing the hearing loss
  - ▶ Mixed or conductive loss = referral to PCP or ENT
  - ▶ Sensorineural loss = hearing aids
- ▶ Hearing aids
- ▶ Environmental maskers as needed
  - ▶ TV, fan, music, sound machine, sound pillows
- ▶ Counseling

## Tinnitus NO Hearing Loss

- ▶ Environmental maskers
  - ▶ TV, fan, music, sound machine, sound pillows
- ▶ Ear-level maskers
- ▶ Counseling

## BOTH

- ▶ Sound is your friend. Use other sounds to help shift focus from tinnitus.
- ▶ You may prefer different types of sound for different activities. Ex. music during the day and ocean sounds or fan at night.
- ▶ Want level of sound to be low-volume, where you can **STILL** hear your tinnitus. This way, the brain chooses to pay attention to the sound, shifting attention away from the tinnitus.
- ▶ Overtime, you are training your brain to focus on other sounds, not your tinnitus. Making the tinnitus less important.

# Emotional Response to Tinnitus (Activation of Limbic System)



When you hear tinnitus for the first time, your limbic system (emotion response) is activated



Unconsciously you will have an emotion (frustration, annoyance, fear, concern, etc...)



Once there is an emotional response to the tinnitus, your autonomic nervous system is activated, and you enter fight or flight mode



The more you 'check in' on your tinnitus, the stronger the emotional tie becomes, the stronger the emotional tie, the more you 'check in'

- ▶ Tinnitus management goal is to change the tinnitus thought process. Your tinnitus is not out to get you, it is a sound your ears/brain are making.
- ▶ You can change this thought process from negative to neutral.

# Thoughts and Emotions



Doorbell

