



Tinnitus 101

What is tinnitus?

Tinnitus is the word used to describe noise heard in the ears or head when there is no outside noise source. The noise may be described as ringing, buzzing, humming, hissing, roaring, etc. It might be quiet or loud, steady or fluctuating, constant or occasional.

Who has tinnitus?

Tinnitus is common. Over 50 million Americans experience it. About 12 million of these people are bothered by tinnitus enough to seek medical treatment each year.

What causes tinnitus?

We don't know everything about tinnitus; there are many unanswered questions. However, there are many factors that are believed to contribute:

- Loud noise exposure
- Changes in general health
- Emotional crisis
- Over-the-counter and prescription medications
- Head injury
- Caffeine, salt or sugar ingestion
- Tobacco or marijuana use
- Neurologic disorders including tumors
- Audiologic dysfunction
- Musculoskeletal problems

Is there a cure for tinnitus?

There is no recognized cure-all for tinnitus. However, if one's tinnitus has an identifiable biologic cause then associated medical or clinical treatment can resolve the symptom. If the tinnitus is due to medication,

caffeine, salt, sugar, tobacco or marijuana then discontinuing or reducing these might provide relief. Oftentimes treatment for tinnitus focuses on how we react and deal with this irritating but otherwise harmless symptom.

What can I do if I have tinnitus?

If you have pulsating tinnitus or tinnitus in only one ear, or if your tinnitus is noticeably worsening, then you should see a doctor immediately. Begin with a comprehensive hearing test at EAR Audiology as it will be necessary for medical diagnosis and treatment.

Following thorough audiologic evaluation, there are several things that might be recommended to help reduce your tinnitus:

- Medical consultation and treatment
- Dental or other clinical assessment and treatment
- Sound enrichment or a tinnitus masker
- Tinnitus therapy
- Hearing aids
- Protection from loud noise
- Adequate sleep
- Avoidance of caffeine, tonic water, tea, chocolate, excess salt and excess sugar intake
- Stress reduction
- Daily exercise
- Other

Will my tinnitus go away or get worse?

Many people find that their tinnitus improves over time or goes away with appropriate treatment. There is no evidence that tinnitus worsens with age.

If you have tinnitus then contact EAR Audiology, Inc. at (760) 710-1836 for a hearing test and tinnitus consultation. You can also connect with [EAR Audiology, Inc. on Facebook](#).