

EAR, NOSE & THROAT CENTER, LLP

TULLY HEALTH CENTER

32 Strawberry Hill Court Suite 41067

Stamford, CT 06902

Telephone 203- 353-0000 Fax 203-357-8109

Jason Klenoff, MD

Paul Neubauer, MD

Amy Levasseur, AuD, CCC-A

Biana Lanson, MD

Richard Tilton, MD

Carrie Blair, AuD, F-AAA

Jacquelyn Brewer, MD

Frida Malpica, AuD F-AAA

Caitlin Heaton, AuD. F-AAA

TINNITUS MANAGEMENT

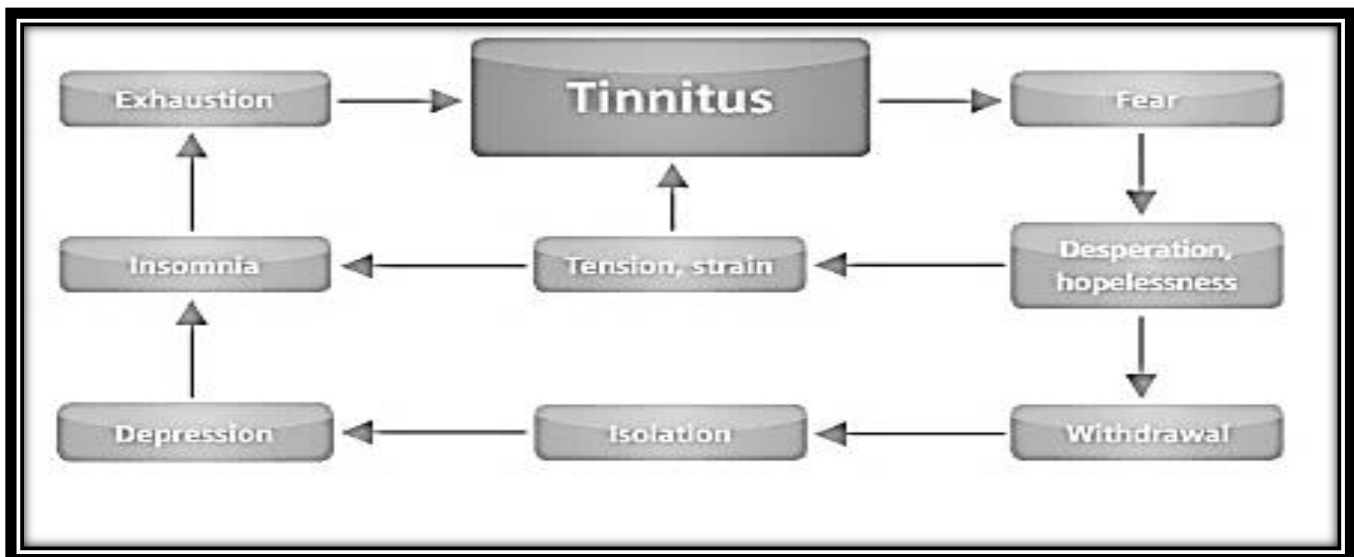
WHAT IS TINNITUS

A BUZZ, RING, WHOOSH, OR OTHER NOISE YOU HEAR INTERNALLY DUE TO DAMAGE IN THE HEARING SYSTEM

HOW CAN I MANAGE?

- Relaxation and mindfulness
- Meditation
- deep breaths
- Destress/avoiding stress
- Background noise/sound distractors
- Sound generator pillows
- Hearing protection in loud environments
- Cognitive Behavior Therapy
- Avoid silence

MENTAL HEALTH AND MOOD/BEHAVIOR IMPACTS TINNITUS



SUGGESTED DIETARY CHANGES

- Decrease caffeine, salt, nicotine, and alcohol if consumed in large quantities

SOLUTIONS?

There is no magic pill.

Stress management, including regular exercise and maintaining a healthy diet

- If you have hearing loss, studies have shown that wearing hearing aids and gaining access to environmental sounds have helped decrease tinnitus

WHAT CAUSES TINNITUS?

THE JURY IS STILL OUT!

THEORY 1

Damage to the sensory cells in the inner ear at specific pitches has caused degradation to the hearing nerve, therefore no signals at these pitches are sent to the brain

The brain then sends a signal to the hearing nerve and thus you hear noises.

THEORY 2

Sensory cells in the inner ear become damaged in an “active” state causing signals to be sent down the hearing nerve to the brain.

The brain then ‘processes’ these signals as the sound you hear as noises.

INORGANIC AND LESS COMMON CAUSES

Ototoxic medications, head injury, a buildup of wax, anemia, hypertension, hypothyroidism, migraine, benign 8th nerve tumor, TMJ

IN CONCLUSION

Tinnitus is a product of damage to the hearing system

Smart phone apps with tinnitus management tools and relaxation.

