



IT'S ESTIMATED THAT **35-50 MILLION AMERICANS** STRUGGLE WITH TINNITUS AND FOR APPROXIMATELY **2 MILLION PEOPLE** IT CAN BE SEVERE OR EVEN DEBILITATING.

Tinnitus is not a disease in and of itself, but rather a symptom of some other underlying health condition. In many cases tinnitus is a sensorineural reaction in the brain to damage in the ear and auditory system.

## Tinnitus (ringing in the ears) causes may include:

- Long term noise exposure or a single loud event
- Pressure caused by blockage in the middle ear
- Stress and anxiety
- Head and neck trauma or dental issues
- Ototoxic effects from prescription drugs
- Smoking

## DID YOU KNOW?

*People with tinnitus may hear sounds similar to...*



BUZZING



RINGING



WIND



CHIRPING



ROARING

## Other factors for developing tinnitus may include:

- Gender (male)
- Age
- Caucasian/non-Hispanic
- Blood vessel disorders
- Obesity

Most people with tinnitus also have hearing loss. In addition to improving communication, hearing aids can also help tinnitus.

**NOW THAT YOU KNOW...** help us to help you hear better and reduce the negative impact of tinnitus symptoms on your quality of life.



## ARE THE SYMPTOMS OF TINNITUS MASKING HEARING LOSS?

### ✓ Check all that apply

- I have difficulty understanding speech in the presence of background noise or in a crowded restaurant.
- I avoid social situations that require me to participate in conversations.
- I avoid the movies or theater because I miss so much.
- I have greater difficulty understanding females and children.
- My family and friends complain that I am not hearing accurately.
- Others notice that I turn the volume on my television or radio too loud.
- I have difficulty conversing on the telephone.
- I ask others to repeat themselves often during conversations.

### ✓ Questions I'd like to ask my Hearing Health Expert

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



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