

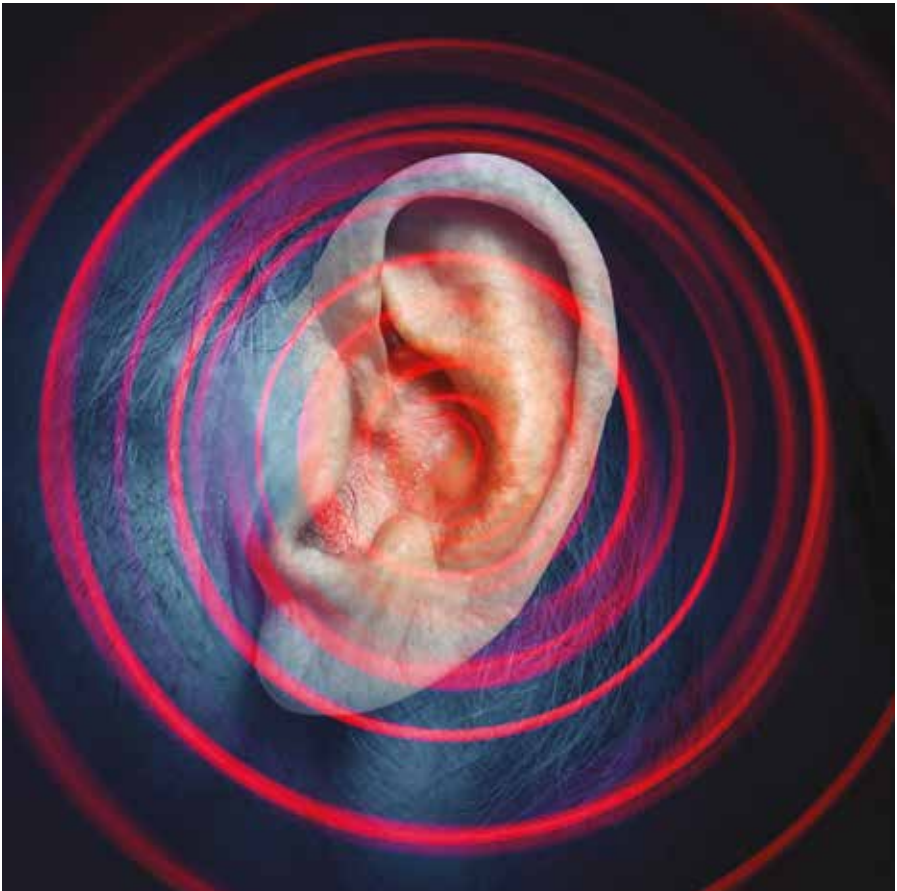


**Kent Hearing**

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## **Living with Tinnitus**

What is tinnitus and how can it be treated?



[www.kenthearing.com](http://www.kenthearing.com)

# Coping with Tinnitus



## **Making small changes to your everyday lifestyle may help to reduce or ease your symptoms of tinnitus:**

- Try using hearing protection (ear plugs or headphones) if you are exposed to loud noises. This may help limit damage to the nerves in your ears
- Turn down the volume if you listen to loud music to limit potential damage to your ears and your hearing
- Lower your consumption of caffeine, nicotine and alcohol, all of which can contribute to tinnitus by reducing blood flow to the ears
- Try to reduce stress and avoid stressful situations wherever possible. This may help reduce your tinnitus
- Finding ways to relax more generally, for example by breathing deeply or doing yoga, helps reduce some people's tinnitus
- Reading and learning about tinnitus and its causes enables some people to relax and ease their tinnitus symptoms
- Finding ways to improve your sleep patterns may also help

# What is tinnitus?

Tinnitus is when you experience a ringing or other noise in your ears that is not caused by an external sound. It is a common condition that can affect anyone at any stage of life. The noises experienced often vary and include ringing, buzzing, whistling, humming or other unexplained sounds. Some people experience tinnitus in just one ear and others hear sounds in both ears.

Tinnitus can vary in volume and in pitch, in some cases being very faint and in others being so loud it becomes very difficult to hear other sounds or to concentrate on day-to-day activities.

## What causes tinnitus?

The precise cause of tinnitus is not known, but it is often brought on or worsened by other health-related conditions. These conditions include hearing loss, ear infections, head or neck injuries or blockages of the ear canal, for example with earwax. Certain medications are known to bring on tinnitus and there is also a proven link between tinnitus and stress.

Whilst tinnitus is usually not serious, it is often caused by an underlying condition and can have a major impact on your everyday quality of life.



## Can anyone get tinnitus?

Yes, anyone can experience tinnitus at any age, but it is most commonly found in older adults and is often associated with age-related hearing loss. However, there are several other risk factors for tinnitus including exposure to loud noises, particularly in work environments, and certain medical or health conditions including high blood pressure, cardiovascular disease, diabetes and obesity. Tinnitus has also been linked to smoking and alcohol use.

## Can tinnitus be treated?

If you are experiencing tinnitus, it's important to seek treatment advice. As well as being debilitating and having a negative effect on simple everyday activities, tinnitus can cause several additional complications, including headaches, fatigue, lack of concentration, anxiety and depression. And because tinnitus is often caused by an underlying health condition, particularly hearing loss, early diagnosis and treatment are crucial.

The good news is that often, by treating the underlying condition, the symptoms of tinnitus can be reduced or completely removed.



## **What should I do if I think I have tinnitus?**

If you are experiencing any of the symptoms described in this leaflet, you should book a hearing test with a fully qualified audiologist. They will discuss your symptoms and your medical history in detail with you and perform a series of specialist diagnostic tests to help determine both the likely cause of your tinnitus and best course of action and treatment for you.

Treatment options will depend entirely on your individual condition and symptoms. Options may involve microsuction to remove earwax from your ears or, if your condition is related to hearing loss, hearing aids may be recommended. Your doctor or audiologist may include therapeutic treatments or courses as part of your treatment plan, for example one-to-one hearing coaching or other counselling-based therapies. They may also recommend referral to and discussion with your GP about existing medication.

If your tinnitus is caused by an underlying condition, you should be referred to your GP or other relevant healthcare professional.

**To book a consultation to discuss your tinnitus with  
Dr Carling at Kent Hearing, please call us on  
01732 525912 or email [info@kenthearing.com](mailto:info@kenthearing.com)**



At Kent Hearing our aim is to help our patients improve their hearing and communication in all listening environments. We provide expert advice, personalised care and the most suitable hearing technologies for each patients' individual communication needs. Our services include:

- Earwax removal (microsuction)
- A full range of diagnostic services
- Hearing aids
- Custom devices
- Tinnitus
- Children's hearing testing



**Kent Hearing**

**We look forward to seeing you**

We provide an entirely patient-centred approach, using our extensive experience and expertise to ensure that each individual receives the most suitable, personalised treatment plan and solutions for their specific condition and lifestyle.

**For more information please call us on 01732 525912.**