

The Villages Health

AUDIOLOGY PATIENT NEWSLETTER
DECEMBER 2020

Hear the Facts About Tinnitus



Also known as “head noise,” tinnitus is the perception of sound in one or both ears when no external sound is present.

In the U.S., it is estimated that **30-35 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 underlying health condition. In many cases it is a sensorineural reaction in the brain to damage in the ear and auditory system.



With there being many potential causes of tinnitus, it is essential to get an evidence-based diagnosis and expert evaluation. From hearing loss to Meniere’s disease, medications, circulatory issues or physical ear damage, our thorough examination will help determine best treatment options. For those suffering from extremely bothersome conditions, ability to concentrate, sleep patterns, job performance and emotional well-being can be negatively affected. Notably, tinnitus is also a primary service-connected disability in veterans who deserve our best care, for life.

Most people with tinnitus also have hearing loss. In addition to improving communication, **hearing aids may reduce tinnitus symptoms**. It is vital to consult with well-trained specialists experienced in compassionately diagnosing and managing this challenging condition.

You should know it is important to:

- See your audiologist, primary care provider and other specialists as necessary
- Understand reputable treatment options
- Not accept “learn to live with it” diagnoses

TINNITUS
RISK
AWARENESS



HEARING
HEALTH
DECISIONS

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.

If you or a loved one has tinnitus symptoms, now is the time to take control. In close coordination with your other healthcare providers, we will prescribe personalized treatment plans that, with continuity of care, may lessen its negative impact on your activities of daily living. While there is no cure, there are mindful ways and therapeutic options which may reduce associated stress.

Earlier intervention is crucial and we are “hear to help” you navigate the pathway to improved quality of life. From trusted advice to ongoing support, our goal is to prescribe healthy habits which provide a **renewed sense of hope** that more daily sounds can be precious, not bothersome. Take control now, you and your family will be glad you did.

And while we take your hearing care seriously,
a little laughter goes a long way.

Good Humor, Healthy Hearing



“I wonder if using the DO NOT CALL list to stop the ringing in my ears would work.”



Happy Holidays

Our clinic will be closed Thursday and Friday
December 24 through 25
and December 31 through January 1
so we can all spend a little more time
with those we love.



VISIT OUR WEBSITE

LEARN MORE

Schedule an appointment for you or your loved ones.

(352) 674-1799



The Villages
Health

Audiology Department

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