

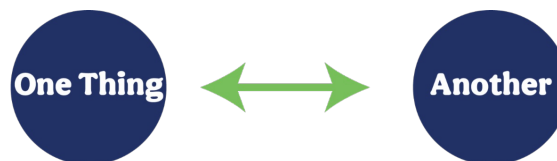
The Villages Health®

AUDIOLOGY PATIENT NEWSLETTER
December 2021

Manage Your Tinnitus, Train Your Brain



Every day, we experience and make decisions about things that go together. From clothing choices to Starbucks, or football games on Sunday to turkey at Thanksgiving, **pairings are common**. In reflecting on routine combinations in your life, are patterns recognized?



By analogy, you should know how **hearing loss** relates to common medical conditions via various pairings and interconnections. As examples, when one has diabetes, hearing loss is twice as likely, whereas those with hearing loss have increased risk of falling or in combination with vision loss, greater difficulty in safely navigating daily surroundings. Or, do you realize that low frequency hearing loss may be a cardiovascular risk factor?



Learning about comorbidities, how one medical condition occurs with another, is essential to making well-informed decisions about whole person care.

While ears collect sounds, it is how our brains process auditory stimulus which may influence our safety, cognitive abilities, social experiences and quality of life. This context is important when we learn about **tinnitus**, or "**head noise**," 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.

Did you know? People with tinnitus may hear sounds similar to ...



BUZZING



RINGING



WIND



CHIRPING



ROARING

For perspective, consider how our brain interprets sound and typical behavioral or emotional results. When driving and suddenly hearing an ambulance siren, we instantly pull over. When the national anthem plays at sporting events, we immediately stand up. The point is, our **brain training triggers** learned reactions to what we hear.

Sometimes, **happiness** is elicited when we hear a loved one's voice or favorite song from long ago. Isn't it amazing how we can remember song soundtracks from teenage or college years? As we mentally prepare for these moments, positive feelings are anticipated.

In stark contrast, **clearly unpleasant** "head noise" intrudes on peace and quiet, often in unpredictable ways which negatively impact our daily lives and moods. For those suffering from tinnitus, since eliminating unwanted sounds is not possible, discovering various methods of **healthier brain processing** can provide acutely needed hope and relief.



Like fingerprints, each individual's unique tinnitus profile requires **personalized treatment options** which may reduce negative impacts and improve quality of life. With expert guidance and healthy habits, those living in a lack of silence can make healthy choices.

Most people with tinnitus also have hearing loss. In addition to improving communication, hearing aids may reduce tinnitus symptoms by ensuring external sound sources provide **alternative auditory stimulus**. When the brain's attention is diverted and internal "head noise" is not alone, **blended perceptions** may be less noticeable and irritating.

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

Good Humor, Healthy Hearing



"Suddenly, these candles don't seem so bright."

In addition to optimum hearing acuity being focused on precious sounds, other primary treatment options may include:



- Sound maskers
- Tinnitus retraining therapy
- Nutritious diet and consistent exercise
- Counseling

While each method can help, our well-trained specialists will compassionately diagnose and manage this challenging condition in tailored ways that fit well.

Along with effective treatment options, favorite tunes may be **music to your ears**.

Listen up and enjoy more:



[appleMusic](#)[®]



[SOUNDCLOUD](#)[®]



[pandora](#)[®]



[Spotify](#)[®]

Click symbols above to learn more

Holiday Hours

December 24	Open 7 AM - 3 PM
December 25	CLOSED
December 31	Open 7 AM - 5:30 PM
January 1	CLOSED

Primary care centers open at 7 AM. Specialty care centers open at 8AM.

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The Villages
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Audiology Department

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