

# TINNITUS

Health issues leading to hearing loss

**90% OF PEOPLE WITH TINNITUS ALSO HAVE HEARING LOSS.**

Tinnitus affects 1 in 5 people. Tinnitus can be caused by hearing loss, an ear injury or a circulatory system disorder.

## TINNITUS CAN LEAD TO HEARING LOSS

Ear and head noises, known as tinnitus, are probably the most common complaint presented to hearing health professionals. The Tinnitus Association of Canada estimates that more than 360,000 Canadians experience some form of tinnitus, but for most of these the tinnitus is only on rare and brief occasions at a low intensity. Of these people, about 150,000 have a more severe tinnitus that can be quite disruptive within their lives. The good news is that the old advice that there is nothing that can be done for the tinnitus is no longer true. While it often cannot be cured, much can be done to significantly decrease the annoyance of tinnitus. If you experience tinnitus, you should see a Hearing Healthcare Professional for a comprehensive hearing evaluation to determine the cause of your tinnitus and treatment options.

## TINNITUS TREATMENT

Tinnitus can be managed through a variety of techniques. One of the most common techniques is tinnitus masking. Tinnitus masking is a form of sound therapy, which uses sound to mask or "cancel out" the tinnitus. Therapy can involve the use of ear-level sound generators or hearing aids. Additional treatment methods include biofeedback and stress reduction. For those with both hearing loss and severe tinnitus, cochlear implants can help.

## SYMPTOMS OF HEARING LOSS

Hearing loss can be so gradual that a person may not notice it. Children and adults can experience hearing loss at any time. Ask the following questions to assess any risk for hearing loss:

- |   |                           |                          |
|---|---------------------------|--------------------------|
| Have your friends or family members complained that you're not listening?                     | <input type="radio"/> Yes | <input type="radio"/> No |
| Do you frequently ask people to repeat themselves?  | <input type="radio"/> Yes | <input type="radio"/> No |
| Do you complain that people are always mumbling?  | <input type="radio"/> Yes | <input type="radio"/> No |
| Do you have problems following conversations with more than two people?                       | <input type="radio"/> Yes | <input type="radio"/> No |
| Have people complained that you listen to the television or radio too loudly?                 | <input type="radio"/> Yes | <input type="radio"/> No |
| Do you have trouble understanding conversations in crowded rooms or loud or busy restaurants? | <input type="radio"/> Yes | <input type="radio"/> No |

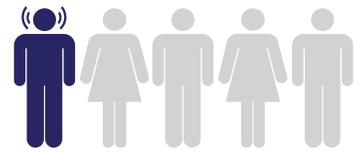
If your patient answers yes to more than one of those questions, they should have their hearing tested immediately to assess the existing loss and prevent further damage.

HEARING TEST / SCREENING SHOULD BE PERFORMED AT

# 50+

OF AGE OR EARLIER

IF THE PATIENT SUFFERS FROM A RELATED HEALTH CONCERN



**REFER YOUR PATIENTS FOR A HEARING TEST TODAY!**



**HOMETOWN HEARING CENTRE**

