

Fourth step towards relief:

Individualized management

- 👂 Sound enrichment techniques
- 👂 Providing and fitting of modern hearing instruments when hearing loss present
- 👂 Cognitive behavioural therapy
- 👂 Stress management
- 👂 Support / education groups

Where can I find help?

Please contact Mrs. Ansie van Niekerk at the Department of Communication Pathology, University of Pretoria for an appointment to visit the Tinnitus Therapy Unit.

Tel: (012) 420 2816

Resources and helpful contacts:

barbara.heinze@up.ac.za

or

www.tinnitus.org

www.audiology.org

www.ata.org

TINNITUS



GOOD NEWS FOR A BAD PROBLEM

What is Tinnitus?

- 👂 Tinnitus is a medical term for an auditory perception not produced by an external sound
- 👂 Tinnitus is commonly described as a ringing, hissing, roaring and can range from low to high pitch sounds
- 👂 Tinnitus is REAL, not just imagined or in you head
- 👂 Tinnitus is a symptom, not a disease.

You are not alone!

- 👂 It is extremely common
- 👂 40-50 million USA residents experience tinnitus at least once in their lives
- 👂 10-20 million have sought help
- 👂 As many as 2.5 million reporting feeling debilitated by the symptom.

Complaints and Characteristics:

- 👂 Sleep disturbance and sleep deprivation
- 👂 Lack of concentration
- 👂 Anger
- 👂 Anxiety
- 👂 Irritation
- 👂 Frustration
- 👂 Depression

Tinnitus might be a symptom of:

- 👂 Noise-induced cochlear dysfunction
- 👂 Age-related cochlear dysfunction
- 👂 Temporal mandibular joint disorders
- 👂 Congenital sensory hearing loss
- 👂 Head injury
- 👂 Side-effects of some medicines
- 👂 Meniere's disease
- 👂 Otosclerosis
- 👂 Inflammatory disorders, e.g., arthritis
- 👂 Metabolic disorders
- 👂 Neurologic disorders.

First step toward relief:

Visit your hearing health care professional, such as the Audiologist for a diagnostic audiologic and tinnitus assessment.

Second step toward relief:

Medical consultation to rule out any disorders or diseases associated with tinnitus.

Third step toward relief:

Knowledge is power!

- 👂 Education to demystify tinnitus
- 👂 Reducing associated complaints such as annoyance and frustration.