






Tinnitus










What Treatments are Available?

There is also not one known cure for tinnitus and for many people it is a combination of management strategies to support living a life with tinnitus. Many people find that tinnitus settles with time as they get used to the experience of the sound. Certain therapies can be beneficial in managing tinnitus and its symptoms.

-  Relaxation
-  Sound enrichment
-  Support groups
-  Mindfulness
-  ...

What Causes Tinnitus?

Whilst there is not one exact known cause for tinnitus there may be factors that affect the condition. Common factors are:

-  Stress
-  Hydration
-  Caffeine intake
-  Lack of sleep
-  Alcohol
-  Tobacco
-  Excessive noise

It can sometimes be helpful to keep a diary of symptoms to help understand patterns or triggers if tinnitus is fluctuating. Trying to maintain healthy habits and avoiding stress and noise can be helpful in keeping tinnitus manageable.

Tinnitus is common and can be experienced by people of all ages. It is more common in those with hearing loss and the first step is to speak to your GP. Thankfully, tinnitus is rarely an indication or a serious disorder.

It is important not to avoid doing enjoyable activities

What Else Can I Do?

Talking to others about how tinnitus affects you and being open about the support that you need can be helpful.

Take care of your hearing as regular or excessive exposure to loud noise increases the risk of not only hearing loss but also tinnitus. Ensure that you are using appropriate ear protection where guided and have your hearing tested regularly, particularly if you are at higher risk of noise exposure. By ensuring that your hearing is accurately monitored this can prevent problems in the future and deterioration of hearing or reduce the risk of getting tinnitus.



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Disclaimer

This information leaflet aims to provide an overview of noise and the ear however this is not a substitute for medical advice. Always consult your GP or medical professional.