

# All About Tinnitus

## What is tinnitus?

Tinnitus is often described as ringing in the ears; however, it can also be described as buzzing, hissing, chirping, whistling, etc. The sound can be intermittent or continuous and can vary in loudness. Individuals report an increase in tinnitus perception when minimal background noise is present, like when trying to fall asleep at night.

## What Causes Tinnitus?

Tinnitus is not a condition itself, but a symptom of another condition. Causes of tinnitus can range from prolonged exposure to loud sounds, aging, injuries to the head and neck, certain medications and/or other medical conditions such as high blood pressure and cardiovascular disease to name a few.

## How can hearing aids help?

There is no cure for tinnitus. However, an individual with hearing loss and tinnitus, may find hearing aids can be used as an effective way to manage the perception of tinnitus.



Hearing aids provide the ability to hear a wider range of sounds through means of amplification. This awareness of background sounds, helps reduce the awareness of tinnitus by essentially masking the sound. Many hearing aids today also offer built in tinnitus masking sounds, which can be controlled through an app connected to the hearing aids.

## Will hearing aids help everyone with tinnitus?

Hearing aids are not able to provide tinnitus relief for all individuals. Hearing aids are one part of a treatment plan that can also include retraining therapy, counselling and in some cases medication.

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