



# Better hearing. Better living.

Improving Lifestyles with Quality Hearing Care  
An Informational Newsletter from Colorado Hearing Specialists.

February 2015

## Spotlight on Tinnitus

### TINNITUS (RINGING IN THE EARS)

Tinnitus is the perception of a sound that has no external source. Some of the more common sounds reported are ringing, humming, buzzing, and a cricket-like noise. It can be constant or intermittent and is heard in one ear, both ears or in the head.

### THE MOST COMMON CAUSES ARE:

- Noise exposure (e.g. from shooting or machines at work)
- A natural part of the aging process
- Head injury (e.g. from a car accident or fall)
- As a side effect of medications (e.g. aspirin — see ototoxic drugs)

### MANY CAUSES ARE UNKNOWN.

Tinnitus is usually accompanied by hearing loss. Because tinnitus can be a symptom of a more serious disorder, it is important to have an appropriate health evaluation, from an audiologist or physician.

### IMPACT OF TINNITUS

Tinnitus affects people differently. The most common areas in which tinnitus has a direct influence are:

- Thoughts and emotions
- Sleep
- Hearing
- Concentration

## Tinnitus Treatments

For most tinnitus sufferers, there is no cure. There is no pill or surgery that has been shown to eliminate tinnitus in scientific studies that have been replicated and accepted by the healthcare community.

There are two broad categories of treatments that help people adjust to their tinnitus.

- **Counseling.** Counseling can be beneficial with thoughts and emotions, hearing, sleep and concentration.
- **Sound Therapy / Hearing Aids.** Many tinnitus sufferers report that the presence of background sound reduces the prominence or the loudness of their tinnitus. The background sound can be present in the environment (e.g. fan noise). There are nonwearable devices that produce pleasant background sound (e.g. raindrops). Additionally, wearable maskers or sound generators are available that produce a 'shhh' noise (these can also be combined with hearing aids). The use of **hearing aids** improves communication, reduces the stress associated with intensive listening, and also can partially mask the tinnitus. Music can also be very effective in nonwearable and wearable devices.
- **Widex Hearing Aids featuring Zen Technology**

A new and unique approach to tinnitus management is Widex Hearing Aids featuring Zen Technology which has been proven to help people with tinnitus. Widex Zen therapy can help you to:

- reduce stress
- overcome sleep difficulties and prevent fatigue
- identify and change unhelpful negative thinking concerning tinnitus
- reverse overcompensation by the brain because of hearing deficits

Call **720-842-1890** to get relief today!



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