

### What makes tinnitus worse?

- Listening to loud sounds may trigger tinnitus.
- Excessive use of alcohol or recreational drugs can exacerbate tinnitus in some individuals.
- Excessive use of Caffeine and nicotine, found in coffee, tea, chocolate, some cola drinks tobacco products, can also increase tinnitus.
- Aspirin, quinine, some antibiotics and some other drugs are causative tinnitus agents and can make existing tinnitus worse.
- Stress. Many people notice a reduction in the volume of their tinnitus when they are able to control their stress levels.

### How can I sleep better with tinnitus?

The most common complaint an individual with tinnitus is, it increases during night. That is because the buzzing of tinnitus becomes most noticeable at night. This can make it difficult to get to sleep as there is constant ringing that interrupts your sleep. However, there are strategies you can put in place to aid a good night's sleep.



On a practical point, try distracting yourself from the tinnitus by playing a low level noise as ambient noise in the background. You may choose soothing classical music. The idea is to provide a pleasant sound for you to focus on instead of tinnitus.

### Why doesn't tinnitus go away for some people?

Some people suffer from long-term or permanent tinnitus. In these cases, one or more of the causes of tinnitus is likely auditory malfunction, which is often caused in case of pure sensorineural hearing loss

(hearing loss caused by inner ear damage, aging, loud noise exposure, infections etc.)

In some, individuals with hearing loss and tinnitus, hearing aids can help reduce the tinnitus. As the individuals start hearing the external sounds louder, this leads to decreasing the focus on tinnitus.



For more details, contact,



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# FAQs on Tinnitus



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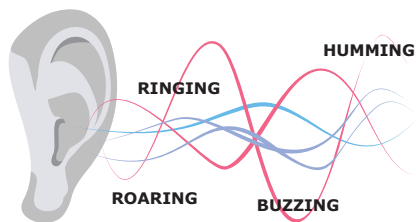
## FAQs on Tinnitus

Hearing is the ability to sense sounds around you. Tinnitus is a condition where the sound is heard without any external sound. Tinnitus is a very common complaint which is seen in 7% of the population. The severity of the problem differs, might be unnoticeable for some but for some it may lead to depression and anxiety.

Let's look at some of the frequently asked questions on this problem.

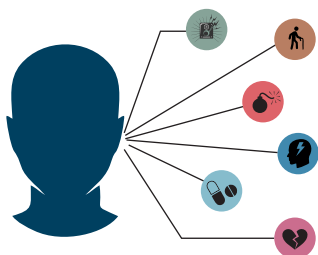
### What is tinnitus?

As explained above, tinnitus is the sensation/perception of sound without any external stimuli. Basically, tinnitus is a sound that is not actually present in the environment but is heard in one's ears, or more often in the head. This sound is typically described as a ringing, buzzing, hissing or sizzling sound.



### What causes tinnitus?

Since tinnitus is a symptom and not a sign, there can be many reasons that cause it.



Examples for the causes of tinnitus are-

- Few medication (that affect ears)
- Wax or impacted ear
- Ear infections
- Common cold or upper respiratory infection
- Stress and anxiety
- Trauma to the head or ear
- However, tinnitus can be the major cause for the person with hearing loss

### What should I do if I have tinnitus?

First, schedule an appointment with an audiologist. To determine the cause and severity of your tinnitus. The audiologist will examine your ears and conduct hearing testing. The test results give information on choosing the best treatment options for the tinnitus. If any medical assistance is needed, the patient will be referred to an ENT doctor.



### Does tinnitus mean that one is going deaf?

No. Tinnitus is often an indication that there has been some kind of damage to the auditory system, but it does not mean the patient will become deaf. Tinnitus does not cause hearing loss although the two often exist together.

### Is there a surgery for tinnitus?

Many of them ask if cutting or severing hearing/auditory nerve will eliminate their tinnitus. This is a procedure which causes permanent deafness and not a reliable procedure for tinnitus relief. Tinnitus might

relapse, or in fact the surgery might leave the tinnitus as the only sound heard destroying the hearing capabilities.

### What are the treatments available for tinnitus?

Sometimes, tinnitus is not completely curable. There are many treatment options. Depending on the cause and severity of the tinnitus, the management options can be selected. Additionally, around two-thirds of those who develop spontaneous tinnitus will find that after a period of time it resolves on its own accord without any treatment.

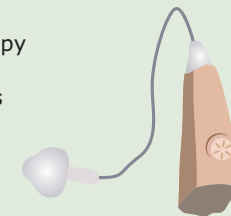
In Individuals, whom the tinnitus persists without any underlying medical problems there are other management options like,



- **Sound generating devices/ sound maskers:** Noise is played in one's ears, so the individual focusses less on the tinnitus when there is other sound in the ear

- **Tinnitus Retraining Therapy (TRT):** Sound generators used in Tinnitus Retraining Therapy on the other hand, produce a customized, low-level sound.

- Sound therapy
- Hearing aids



To ensure that your sound generator provides effective relief, you will need to consult an audiologist. They will be able to select the sounds that are more suitable to treat every individual need depending on the nature of the tinnitus.