

# Tinnitus— What it is and what you can do to treat it

It is not a disease or illness; it is a symptom generated within the auditory system.

The noise may be in one or both ears, or in the head, or it may be difficult to pinpoint its exact location. The noise may be low, medium or high pitched. There may be a single noise or two or more components. The noise may be continuous or it may come and go.

There is a widely held misconception that tinnitus is confined to the elderly, but various studies have shown that it can occur at any age.

## What can I do to help my tinnitus ?

There are several strategies that can be very helpful in managing tinnitus.

If you are having difficulty getting off to sleep, it may be that the shift from a relatively noisy daytime environment to the quietness of the bedroom makes the tinnitus noises more noticeable. Some people find having some low level sound can help mask tinnitus. This is often referred to as

**Sound Therapy.** This can be provided by:

- environmental sound (such as having a window open)
- a CD or mp3 download or the radio
- a smartphone App
- bedside/table-top sound generators

## Exercise and Tinnitus

Exercise helps the body achieve a higher level of well-being and in most cases this helps people to ignore and cope with their tinnitus more easily, as well as helping them to sleep better.

If you are not used to exercise, begin gently with a brisk walk or a swim. Some people with tinnitus seek out noisy places to reduce its intrusiveness.

## For advice on any aspect of hearing and a demonstration of products .....

[info@positivehearing.org.uk](mailto:info@positivehearing.org.uk) or call in and visit us at one of our hearing centres

144 London Road, Northwich CW9 5HH

27 Bridge Street, Macclesfield SK11 6EG

You can also visit us at [www.positivehearing.org.uk](http://www.positivehearing.org.uk)



£56.50



## Sound Oasis by Pure Tone

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## NatureCare Sounds Relaxation Ball by Puretone

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Relax naturally to the sounds of a nature

Can help to promote good night's sleep, aids meditation and tinnitus.



## Is there a positive effect on tinnitus by using hearing aids?

If your tinnitus is accompanied by an hearing loss, then trying to correct this loss with hearing aids is often very helpful.

Some studies have looked at the effect of hearing aids on every-day life for the tinnitus patient and help reduce tinnitus and improve quality of life. Other studies have more strongly suggested that for a significant number of people, hearing aids do reduce the effect of tinnitus. Bilateral hearing aids (one on each ear) have been shown to be more beneficial than using only one aid.

Your GP can refer you to a local audiology service for a hearing test and the fitting of a hearing aid. Alternatively, **Positive Hearing** audiology services accept a self-referral.

Starkey's patent-pending Multiflex Tinnitus Technology, Xino Tinnitus creates a customisable and comforting hearing sound stimulus that you and our audiologist can fine tune. The result is personalised sound. therapy.

**XINO**  
TINNITUS



INTRODUCING A  
MORE FLEXIBLE  
WAY TO TREAT  
TINNITUS

**NOTE:** hearing aids do require regular maintenance to ensure correct function. If a hearing aid has not been fitted correctly and is either over amplifying or under amplifying, this can cause problems for those with tinnitus. Hearing aid moulds, and also the ageing process, may lead to the build-up of wax; users should regularly have their ears checked for a build-up of wax and have any excess removed.

## Solutions to transform your quality of life helping you regain your hearing and independence

All information and advice on this sheet is of a general nature and may not apply to you. This medical information is provided to enhance and support, not replace, individual advice from a qualified medical practitioner. Info taken from <https://www.tinnitus.org.uk>