



IT'S ESTIMATED THAT **35-50 MILLION AMERICANS** STRUGGLE WITH TINNITUS AND FOR APPROXIMATELY **2 MILLION PEOPLE** IT CAN BE SEVERE OR EVEN DEBILITATING.

Tinnitus is not a disease in and of itself, but rather a symptom of some other underlying health condition. In many cases tinnitus is a sensorineural reaction in the brain to damage in the ear and auditory system.

Tinnitus (ringing in the ears) causes may include:

- Long term noise exposure or a single loud event
- Pressure caused by blockage in the middle ear
- Stress and anxiety
- Head and neck trauma or dental issues
- Ototoxic effects from prescription drugs
- Smoking

DID YOU KNOW?

People with tinnitus may hear sounds similar to...



BUZZING



RINGING



WIND



CHIRPING



ROARING

Other factors for developing tinnitus may include:

- Gender (male)
- Age
- Caucasian/non-Hispanic
- Blood vessel disorders
- Obesity

Most people with tinnitus also have hearing loss. In addition to improving communication, hearing aids can also help tinnitus.

NOW THAT YOU KNOW... help us to help you hear better and reduce the negative impact of tinnitus symptoms on your quality of life.

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ARE THE SYMPTOMS OF TINNITUS MASKING HEARING LOSS?

✓ Check all that apply

- I have difficulty understanding speech in the presence of background noise or in a crowded restaurant.
- I avoid social situations that require me to participate in conversations.
- I avoid the movies or theater because I miss so much.
- I have greater difficulty understanding females and children.
- My family and friends complain that I am not hearing accurately.
- Others notice that I turn the volume on my television or radio too loud.
- I have difficulty conversing on the telephone.
- I ask others to repeat themselves often during conversations.

✓ Questions I'd like to ask my Hearing Health Expert

1. _____
2. _____
3. _____

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