



# FACTS ABOUT . . . TINNITUS

**Tinnitus**, often described as a ringing or buzzing sound in the ear, is a symptom that can be related to almost every known hearing problem.

## **What Causes Tinnitus?**

The exact physiological cause or causes of tinnitus are not known. There are, however, several likely sources, all of which are known to trigger or worsen tinnitus. One of the most common causes of tinnitus is exposure to excessively loud sounds either on the job or recreationally. In addition, tinnitus can sometimes result from problems not associated with the ear, such as head injury or disorders of the neck vertebrae or jaw joint.

## **How Many People Suffer From Tinnitus?**

It is currently estimated that 50 million Americans have tinnitus to some degree. Of those, 12 million have it severely enough to seek medical help.

## **Is Tinnitus Interfering with My Hearing?**

No, tinnitus does not interfere with hearing, although it may affect your attention span. On the other hand, tinnitus will seem worse if your hearing loss increases because outside sounds will no longer cover up the tinnitus.

## **Dealing with Tinnitus**

Although psychological or emotional problems may be associated with tinnitus, it is a real problem – not imagined. Almost all patients indicate that stress or tension makes their tinnitus worse. Contact an audiologist to learn about ways to manage your tinnitus.

## **Relieving Tinnitus**

Contact your doctor for an examination as soon as possible. The purpose of the examination is to determine if there is a treatable medical condition causing tinnitus. There are, as yet, no cures for tinnitus but there are several treatments currently used to produce relief.

**For more information call 614.261.5452 or visit  
[www.columbusspeech.org](http://www.columbusspeech.org)**