



FREE GUIDE

The Essential Tinnitus Guide

by The Hearing Village



INTRO TO TINNITUS

Tinnitus is defined as sounds heard in the head or ears without an external source. Some people describe the sound as a buzzing, ringing, whistling or a hissing type sound. This sound can be constant in nature or it can come and go. It can be in one ear or both ears. Regardless of the nature of the sound, everyone can agree that it is not a pleasant sound to listen to. While it's often not a sign of a serious problem, persistent tinnitus can be distressing and can impact a person's quality of life.

Are you wondering what caused this ringing in your ears?

Well, there are many possible causes, including, but not limited to:

- Loud noise exposure (blast, music)
- Hearing loss
- Ear infections
- Head/neck injuries
- Some medications
- Emotional stress/depression/anxiety

You may have heard from some Health Care Professionals that there is no cure or treatment for tinnitus. While there is no magic pill you can take to instantly relieve your tinnitus, there are many treatment options available. The specific treatment recommended will vary for everyone as it depends on a variety of factors such as the cause of your Tinnitus, the severity, your hearing levels and your willingness follow a treatment plan.

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Most treatment plans will focus on breaking the vicious cycle that occurs with Tinnitus. Once you understand the science behind Tinnitus, you can start to break down your triggers and adopt some of the treatment planning strategies.

What are some of the strategies included in treatment planning?

These can include:

- Massage therapy
- Meditation
- Noise generators
- Hearing devices

If you are suffering from Tinnitus firstly, be assured there are treatment options available to you. You don't have to just 'get used to it'. If you would like further information about Tinnitus we created an in-depth 30 minute course which will provide you with the information you need to start worrying less about your Tinnitus. We are also proud to have a Tinnitus Expert on the team, Tania Linford who can provide 1-1 dedicated care to help you on your journey. Check out www.thehearingvillage.com for more information.

Wishing you all the best on your journey to better hearing,

The Hearing Village Team



Dr Logan McMeekin

Senior Audiologist