Up to

1 in 4

people may have tinnitus.

Some patients may dismiss symptoms.

What is tinnitus?

It's a condition generally characterized by noises in the ear or head that usually can be heard only by the person experiencing the sounds. Ringing, buzzing, humming, clicking, or swooshing might be described, and, more rarely, a patient may even perceive musical notes.

What causes tinnitus?

Tinnitus isn't a disease itself but rather a symptom or sign of an underlying problem. Potential causes include hearing loss, noise exposure, cerumen buildup, ear infection, head injury, dental problems, barotrauma, blood vessel disorders, and medications such as antibiotics.

Why refer to a hearing care professional?

Some patients may dismiss the ringing or buzzing, even if it interferes with daily activities. Licensed hearing care professionals trained to address tinnitus can help patients effectively manage the symptoms and address potential underlying issues such as hearing loss.

Tinnitus treatment depends on the underlying cause and may involve ...

- Earwax removal
- Sound devices
- Cognitive behavioral therapy
- Hearing aids
- Lifestyle changes
- Medication adjustments

If patients report ringing, buzzing, humming, clicking, or swooshing sounds, we recommend referring for a hearing and tinnitus evaluation.

FAST FACTS

An overwhelming share of tinnitus cases — 90% — develop in concert with hearing loss.

Tinnitus is the top disability for U.S. veterans and is also more prevalent among Canadian service members compared to the general population.

With **tinnitus often** linked to excess noise, reduced exposure and hearing protection are critical.

Musicians are at 57% greater risk of tinnitus than the general population.

U.S. National Library of Medicine. *Bauer CA et al. The Effect of Tinnitus Retraining Therapy on Chronic Tinnitus: A Controlled Trial. Laryngoscope Investigative Otolaryngology.* ***Hearing Health Foundation.*** *Hearing Loss & Tinnitus Statistics.* ***U.S. Department of Veterans Affairs Office of Research and Development.*** *VA Research on Hearing Loss.* ***ResearchGate.*** *Jones C. Tinnitus Management in the Canadian Armed Forces: A Potential Role for Occupational Therapists*
Access information available on request.

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