

The ENT Center of Central Georgia

Our Doctors Explain: **TINNITUS**



How Is Tinnitus Treated?

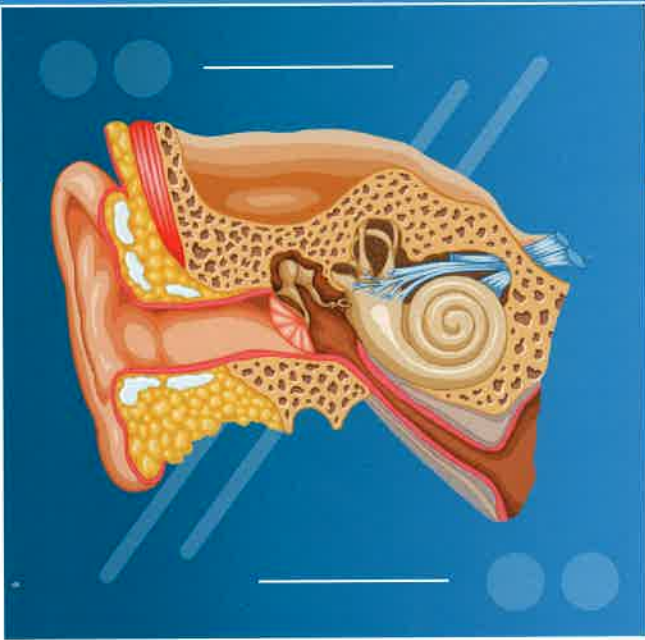
Although tinnitus doesn't have a definitive cure, there are many treatment options. In rare cases, the underlying condition that is responsible for the symptoms can be found and treated. More commonly, doctors will employ a tinnitus management strategy.

The most popular is noise suppression, or "white noise" therapy. This treatment uses fans, air conditioners or random sound frequencies distributed throughout the hearing spectrum to disguise the persistent background noises. Over time, many patients learn to stop noticing the sounds.

A similar concept involves acoustic neural stimulation. Acoustic signals are delivered through a handheld device, helping the neural circuits to become desensitized to the noise. Patients with hearing aids can also turn up the volume and drown out the annoying ringing noises associated with tinnitus.



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What Are the Symptoms of Tinnitus?

Tinnitus is most often described as a ringing in the ears, but may also take the form of a buzzing, whooshing, roaring, clicking, hissing or whistling sound. For some people, these persistent symptoms significantly impact the quality of life. Side effects can include fatigue, depression, anxiety, irritability, and memory and concentration problems.

Tinnitus is also classified as being either subjective (heard only by the patient) or objective (ringing can be heard by an impartial observer, such as a doctor). Most cases of tinnitus are subjective in nature.

How Is Tinnitus Diagnosed?

Your doctor will ask questions about your medical history and symptoms and likely conduct a hearing test in conjunction with an audiologist.

To rule out any physical damage, your doctor may also order CT or MRI scan to root out any abnormalities, such as blood vessel disorders or tumors.

What Is Tinnitus?

Many people experience a persistent ringing in their ears. This common affliction, known as tinnitus, affects roughly 20% of the American population. Tinnitus is defined as the perception of sound when none is actually occurring. For some, it is a minor nuisance, but for others, a major impediment to their quality of life.

It is important to note that tinnitus isn't a disease itself but a symptom. As such, it can occur as a result of a number of conditions. These include hearing loss, noise exposure, head or neck trauma, high blood pressure, vascular disorders, TMJ disorders, heart conditions, ototoxic medications, benign tumors known as acoustic neuromas, and impacted earwax.

Sometimes, the cause is never determined. The individuals most at risk are males over the age of 40 who smoke.



About the ENT Center of Central Georgia

The ENT Center of Central Georgia brings together the very best physicians and support staff dedicated to providing you an exceptional patient experience. In our pursuit to provide excellence in medical treatment, we listen to our patients and focus on their symptoms. We develop individualized treatment plans based on your unique needs and treat you like we would a family member. Whether you have hearing problems, allergies, dizziness, sinus infections, snoring, or any other ear, nose, and throat related problem, we can help.

For more information, contact one of the elite health care professionals at The ENT Center of Central Georgia today: 1-800-253-8953

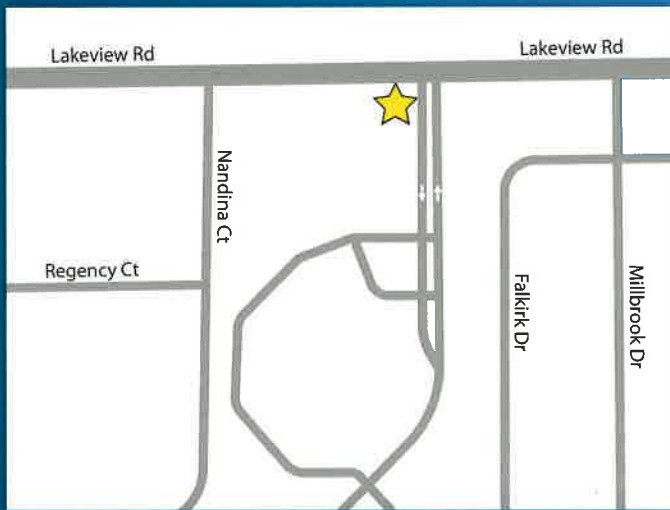


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