

# WHAT IS TINNITUS?





- **SHERI MELLO, AU. D.**
- **SARANNE BARKER, AU. D.**

**10010 FALLS OF NEUSE RD, SUITE 12**

**RALEIGH, NC 27614**

**919-790-8889**

# TINNITUS: WHAT IS IT?

**tin·ni·tus** [“TIN-it-us”, “tin-NITE-us” ]

*noun* Pathology

A constant or intermittent sound heard in the ears and/or head that does not have an outside source, often described as ringing, humming or buzzing

The background of the image is a repeating pattern of stylized human figures. Some figures are grey and others are a light blue color, arranged in a grid-like fashion. In the center, there is a large, solid blue rectangle. Inside this rectangle, the text "50 MILLION" is written in a large, white, sans-serif font. Below it, the words "experience tinnitus" are written in a smaller, white, sans-serif font.

**50 MILLION**  
experience tinnitus



# CAUSES OF TINNITUS



- **HEARING LOSS**
- **MEDICATION**
- **SOME MEDICAL CONDITIONS: CARDIOVASCULAR DISEASE, DEPRESSION, POOR DIET**

# HOW TINNITUS CAN AFFECT YOUR LIFE

## Severe cases

- Interference in job performance
- Psychological disorders
  - Depression
  - Post-traumatic stress disorder
  - Anxiety disorder



# **IS THERE A CURE FOR TINNITUS?**

**If you think of a cure as elimination of the tinnitus, then no.**

**However, we prefer to think of a cure as providing relief.**



# WHAT CAN WE DO TO TREAT TINNITUS

- **HEARING AIDS- TREAT THE HEARING LOSS, SOME HAVE SOUND THERAPY BUILT IN**
- **SOUND THERAPY- SOUND MACHINES, SPEAKERS, PILLOWS, TO HELP DECREASE THE LOUDNESS OR PROMINENCE OF YOUR TINNITUS**





# THINGS TO KEEP IN MIND

- **IT TAKES TIME FOR THE EVALUATION**
- **IT TAKES TIME TO ADJUST AND LEARN TO USE DEVICES TO GET THE FULL BENEFIT OF THE DEVICE**
- **PRACTICE AND PATIENCE ARE THE KEYS TO SUCCESS**



# **THANK YOU !**

**RALEIGH HEARING AND TINNITUS CENTER**

**[WWW.RALEIGHHEARINGANDTINNITUSCENTER.COM](http://WWW.RALEIGHHEARINGANDTINNITUSCENTER.COM)**

