

What can I do about Tinnitus?



What is tinnitus?	Sounds that you hear which have no outside source. These can sound like ringing, buzzing, whooshing, whining or other sounds.
Can it be treated or cured?	Most cases of tinnitus are not curable because the cause is not fully understood. However, there are ways to manage the tinnitus and make it less bothersome to you. <i>In some patients with hearing loss, getting hearing aids has helped with their tinnitus.</i> If you only have tinnitus in one ear, or it sounds like it's pulsing, see your doctor.
What programs are available to help with tinnitus?	There are different programs that include a combination of learning self-management skills, stress reduction techniques and how to use different sound to help you live with the tinnitus.
Where can I get a help with my tinnitus?	Schedule an appointment with one of our audiologists for a hearing test, and a tinnitus evaluation. Visit an ENT (Ear-Nose-Throat doctor) for any medical testing.