

Tinnitus: An Issue of Otolaryngologic Clinics of North America - The Clinics

Tinnitus is a common symptom that can affect people of all ages. It is characterized by a ringing, buzzing, or hissing sound in the ears that is not caused by an external source. Tinnitus can be a temporary or chronic condition, and it can range in severity from mild to debilitating.

There is no cure for tinnitus, but there are a number of treatments that can help to reduce the severity of the symptoms. These treatments include sound therapy, masking devices, and cognitive-behavioral therapy.



Tinnitus An Issue of Otolaryngologic Clinics of North America (The Clinics: Surgery) by Dennis R. Harrison

★★★★★ 5 out of 5

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Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 248 pages



Causes of Tinnitus

The exact cause of tinnitus is not known, but it is thought to be related to damage to the hair cells in the inner ear. These hair cells are responsible for converting sound waves into electrical signals that are sent to the brain.

When the hair cells are damaged, they can produce abnormal signals that are interpreted by the brain as tinnitus.

Tinnitus can also be caused by a number of other factors, including:

* Earwax buildup * Otitis media (middle ear infection) * Meniere's disease * Acoustic neuroma * Head injury * Neck injury * Certain medications * Noise exposure

Symptoms of Tinnitus

The most common symptom of tinnitus is a ringing, buzzing, or hissing sound in the ears. This sound can be intermittent or constant, and it can range in severity from mild to debilitating.

Other symptoms of tinnitus can include:

* Difficulty concentrating * Fatigue * Anxiety * Depression * Insomnia

Diagnosis of Tinnitus

Tinnitus is diagnosed based on a physical examination and a hearing test. The physical examination will help to rule out any other medical conditions that may be causing the tinnitus. The hearing test will help to determine the severity of the tinnitus and to identify any underlying hearing loss.

Treatment of Tinnitus

There is no cure for tinnitus, but there are a number of treatments that can help to reduce the severity of the symptoms. These treatments include:

* **Sound therapy:** Sound therapy involves using white noise, pink noise, or other sounds to mask the tinnitus. This can help to reduce the loudness of the tinnitus and to make it less noticeable. * **Masking devices:** Masking devices are small electronic devices that emit a continuous sound that is designed to mask the tinnitus. These devices can be worn in the ear or behind the ear. * **Cognitive-behavioral therapy:** Cognitive-behavioral therapy is a type of talk therapy that can help people to change the way they think about and react to their tinnitus. This therapy can help to reduce the anxiety and distress that is often associated with tinnitus.

Prognosis for Tinnitus

The prognosis for tinnitus varies depending on the severity of the condition and the underlying cause. For most people, tinnitus is a temporary condition that will resolve on its own within a few weeks or months. However, for some people, tinnitus can be a chronic condition that can persist for years or even decades.

Prevention of Tinnitus

There is no sure way to prevent tinnitus, but there are a few things that you can do to reduce your risk of developing this condition. These things include:

* **Protecting your ears from loud noise:** Loud noise can damage the hair cells in the inner ear, which can lead to tinnitus. To protect your ears from loud noise, wear earplugs or earmuffs when you are exposed to loud noises for extended periods of time. * **Avoiding certain medications:** Some medications can cause tinnitus as a side effect. Talk to your doctor about the risks of tinnitus before taking any new medications. * **Getting**

regular checkups: Regular checkups with your doctor can help to identify and treat any underlying medical conditions that may be causing tinnitus.

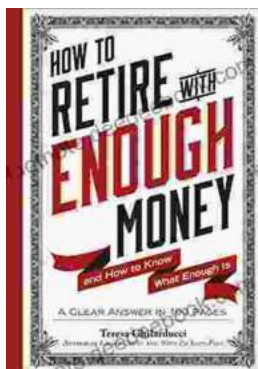
Tinnitus is a common symptom that can affect people of all ages. There is no cure for tinnitus, but there are a number of treatments that can help to reduce the severity of the symptoms. If you are experiencing tinnitus, talk to your doctor about the best treatment options for you.



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