



by David Glaser, Au.D., CCC-A, FAAA
Doctor of Audiology

A RINGING ENDORSEMENT

Ringings in the ears (tinnitus) often accompanies hearing loss. In fact, most tinnitus can be traced to noise-induced damage and age-related changes that occur among the sound-sensing “hair cells” of the inner ear. With this in mind, individuals who experience ringing or buzzing noises in their ears that does not come from an external source should have their hearing tested. The first in a series of annual audiograms can set a baseline for measuring future changes. In cases of mild tinnitus, a bedside environmental sound generator can help mask the ringing that tinnitus sufferers hear in their heads. In more severe cases, using a hearing instrument to provide clear sound at a sufficient volume may distract the brain from tinnitus.

TIP OF THE WEEK

There may not be a cure for tinnitus, but there is always help that can provide relief

P.S. Tinnitus is not a condition in and of itself, but a symptom of an underlying condition such as hearing loss, ear injury, or a circulatory system disorder.

AA-43