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EMOTIONAL RESPONSE TO TINNITUS

Because “tinnitus” (ringing in the ears) is often associated with age-related hearing loss, it should not come as a surprise that nearly one-third of adults over the age of 65 suffer from the condition. For many, the persistent noise causes significant disruption of their everyday lives. For others, tinnitus is less bothersome for reasons that researchers are just beginning to understand. According to a study involving the use of “functional magnetic resonance imaging” (fMRI), which enables scientists to observe changes in blood oxygen levels in the brain during activity, scientists found that the brain changes with tinnitus’ severity. Specifically, patients with severe tinnitus use more of the part of the brain that processes emotion (the amygdala) to reduce tinnitus distress.

TIP OF THE WEEK

There is no cure for tinnitus but there is ALWAYS help and relief.

P.S. Tinnitus can be treated with the use of a hearing instrument that downplays the buzzing heard in the ears by making other sounds more prominent.

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