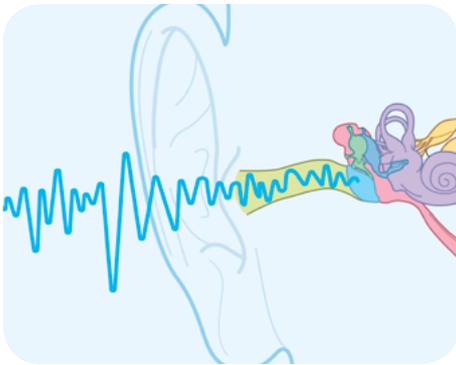


BID SERVICES

ABOUT TINNITUS

Tinnitus is the name given for hearing sounds that are not caused by an outside source.



Ringling, buzzing, whooshing, humming, hissing, throbbing, music or singing are just a few of the sounds. These sounds can affect one or both of your ears or in your head. It can also be constant or can come and go.

If you think you may have Tinnitus, seek advice from your GP. Ask your GP for a referral or support from local Tinnitus and Balance Clinics.

You should see a GP if you have it regularly or constantly, your Tinnitus is getting worse or it is affecting your concentration/sleep causing irritability.

Although there is no cure for Tinnitus, some of these may help:

- Counselling
- Cognitive Behavioural Therapy
- Tinnitus Retraining Therapy
- White noise generators can be used as an attachment to a hearing aid (known as a 'shoe')

Please speak to your Hearing Therapist for coping strategies and therapies.

People who are newly diagnosed to Tinnitus may feel overwhelmed. Often, people are advised that 'nothing can be done and they have to live with it' but over time, the brain does adjust to the sounds and it becomes more manageable.

DO:

- Try to relax. Yoga and deep breathing may help
- Do try to find ways to improve your sleep - bedtime routine, cutting down on caffeine and using white noise generators such as a sound ball, masker or radio.
- Do join a support group - talking to people who can understand and share advice. Take a family member or friend along with you.

DON'T:

- Live in total silence. Soft music or sounds also known as sound therapy can distract you from your Tinnitus.
- Don't focus on it! Do your usual activities and hobbies to help keep your mind off it.

Further support for Tinnitus

Birmingham & District Tinnitus Group

Email: info@tinnitusbham.org.uk

For details and support literature, please contact Eileen Hewtison eileenhewtison@blueyonder.co.uk or visit their website at: www.tinnitusbham.org.uk

Group support sessions take place on the second Tuesday of each month, from 10:30am - 12pm at Irwin Mitchell Birmingham, The Colmore Building, 20 Colmore Circus, B4 6AT.

This factsheet was co-produced with members of the Birmingham & District Tinnitus Group.

The British Tinnitus Association

Telephone: 0800 018 0527
(Monday - Friday, 9am-5pm)

Please make sure you book an urgent GP appointment if you have tinnitus and have a head injury, sudden hearing loss, a weakness in the muscles of your face or a spinning sensation (vertigo) or tinnitus that beats with your pulse.

If you would like further support, please contact:

Email: access@bid.org.uk **Telephone:** 0121 246 6100 **Mobile/Text:** 07595 086540

Visit our website: www.bid.org.uk