

Tinnitus

FACTSHEET 1/2

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 might have Tinnitus, seek advice from your GP. Ask your GP for a referral or support from local Tinnitus and Balance Clinics.

When to see your GP

If you have it regularly or constantly, your Tinnitus is getting worse or it is affecting your concentration, sleep or causing irritability.



DO ✓

- Try to relax. Yoga and deep breathing may help.
- 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.
- Join a local support group - talking to people who can understand and share advice. Take a friend or family member along with you.

DON'T ✗

- Live in total silence. Soft music or sounds also known as sound therapy can distract you from your Tinnitus.
- Focus on it. Do your usual activities and hobbies to keep your mind off it.



Email: info@bid.org.uk

Website: www.bid.org.uk

Registered in England Charity No 1053184.

Tinnitus

FACTSHEET 2/2

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



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.

Further support for Tinnitus

There are local Tinnitus support groups all over the country who can provide you with support and advice. For example, Birmingham & District Tinnitus Group. Look online or at www.tinnitus.org.uk to find a group near you.

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



Email: info@bid.org.uk

Website: www.bid.org.uk

Registered in England Charity No 1053184.