

“TIN-A-TUS” or “TIN-EYE-TUS”

EITHER WAY — IT IS ANNOYING

WHAT IS TINNITUS?

Tinnitus is the perception of sound, or “ringing,” in one or both ears when no other sound is present. It can be intermittent or constant—with single or multiple tones—and its perceived volume can range from subtle to shattering.



IS TINNITUS A COMMON PROBLEM?



WHAT DOES TINNITUS SOUND LIKE?



HOW CAN TINNITUS MAKE YOU FEEL?

INDIVIDUALS EXPERIENCING SYMPTOMS OF TINNITUS REPORT FEELING:



Withdrawn
Helpless
Scared
Sad

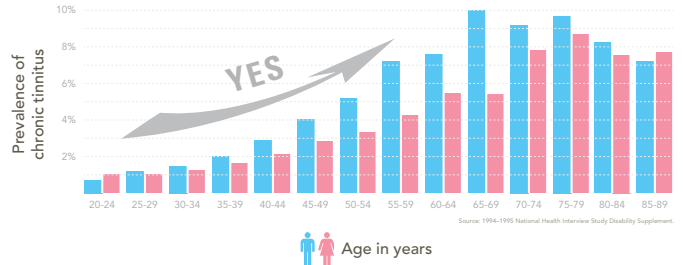


Unfocused
Stressed
Irritable
Anxious
Depressed



Nervous
Angry
Tense
Fatigued

IS TINNITUS RELATED TO AGE?



HOW CAN YOU PREVENT TINNITUS?

You can be exposed to damaging noise, a leading cause of tinnitus, from many sources in day-to-day or recreational activities, such as:



Long flights



Factories



Loud music



Firearms

Avoid loud noise whenever possible—if you must shout to be heard, then you should avoid the situation. You can also:



Wear hearing protection.

Use earplugs and earmuffs when noise exposure is particularly high.



Turn down the volume.

Keep personal listening devices set to no more than half volume.



Take breaks from loud noises.

Move away from loud sounds if you don't have hearing protection.

WHAT CAN YOU DO IF YOU HAVE TINNITUS?

Your hearing should be tested by an audiologist certified by ASHA to see if hearing loss is present. Since tinnitus can be associated with a number of hearing-related conditions, the hearing (audiologic) evaluation can help provide information about the cause and treatment options for you.

For more information, scan the QR code or visit:
www.asha.org/public/hearing/Tinnitus/

