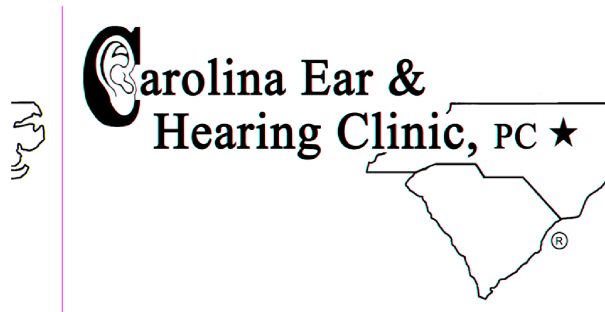




TINNITUS RELIEF & HEARING HEALTH RECOMMENDATIONS

Tinnitus is sound one perceives that is not physically present in the environment. These sounds are often described as ringing, buzzing, roaring, or crickets. Tinnitus is very common when a hearing loss is present, so it is important to have a hearing evaluation if you develop tinnitus, especially if it is constant or bothersome. If a hearing loss is present, treating the underlying hearing loss is the first line of treatment. Below are other factors to consider when dealing with tinnitus.

Dietary:

- ☐ Reduce salt, caffeine, and alcohol consumption. Note that sodium is hidden in prepackaged foods such as frozen foods, canned goods, soups, condiments, processed meats, and seasonings.
- ☐ Avoid sugar substitutes containing saccharin and aspartame. Stevia and agave are more natural options.

Supplements:

- ☐ Discuss with your primary care physician about obtaining lab work to evaluate vitamin and mineral levels in your body.
- ☐ The following are vitamins and minerals believed to support hearing health. Recommended daily values are as follow:
 - o B Vitamins (15 mg) Zinc (15 mg) Vitamin C (1500 mg)
 - o Vitamin D (400 IU) Citrus Bioflavonoid (25 mg) Folate (400 mcg DFE)

Pharmacological:

- ☐ Discuss all medications taken daily with your physicians/pharmacist as some medications contribute to tinnitus and changes in hearing. There may be substitutions or alternatives available.

Stress management:

- ☐ One of the biggest contributors to tinnitus is stress. Make an effort to incorporate regular exercise in your daily routine. Even a daily walk at a comfortable pace can provide good general health benefit.
- ☐ Another contributor to tinnitus is sleep deprivation. Restful sleep is critical to overall health and well-being. If you do not sleep well at night, discuss with your primary care physician about treatment options.

Sound Therapy:

- ☐ Avoiding quiet conditions is key in managing bothersome tinnitus. As a candle is very apparent in a dark room, tinnitus is going to be most apparent in a quiet room. Keeping the ears and brain stimulated with constant, low level, pleasant sounds can promote habituation to tinnitus. Sound therapy should be used during the day and night whenever tinnitus is bothersome. White noise, nature sounds, or soothing music are good options. You can also discuss with your Audiologist about ear-level options.

Other medical disorders:

- ☐ **Keep medical conditions including but not limited to TMJ problems, diabetes, hypertension, depression, and thyroid disorders under control. Uncontrolled medical problems negatively affect the body, including the inner ear.**

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