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*Q: Are there any treatments for tinnitus?*

**A: General tips that can help lessen the severity of tinnitus:**

- Avoid exposure to loud sounds and noises.
- Get your blood pressure checked. If it is high, get your doctor's help to control it.
- Decrease your intake of salt. Salt impairs blood circulation.
- Avoid stimulants such as coffee, tea, cola, and tobacco.
- Exercise daily to improve your circulation.
- Get adequate rest and avoid fatigue.
- Stop worrying about the noise. Recognize your head noise as an annoyance and learn to ignore it as much as possible.

**Ask an Audiologist about the following options:**

Biofeedback involves concentration and relaxation exercises which can help to control muscle groups and circulation throughout the body. The increased relaxation and circulation achieved by these exercises can reduce the intensity of tinnitus in some patients.

**Hearing Aids** - If you have a hearing loss, a hearing aid(s) may reduce tinnitus/head noise while you are wearing it and sometimes cause it to go away temporarily.

**Tinnitus maskers** – A small, electronic instrument, built into or combined with a hearing aid. They emit a competitive but pleasant sound that can distract you from head noise. Some people find that a tinnitus masker may even suppress the head noise for several hours after it is used, but this is not true for all users.

**Tinnitus Retraining Therapy** is aimed at facilitating the habituation of tinnitus sounds and decreasing sensitivity to normal everyday sounds through extensive on-going educational counseling and sound enrichment. The therapy process can take between 1-2 years in order to be successful.

As a first step to addressing tinnitus, it is recommended that you have your hearing tested. Tinnitus is often associated with hearing loss. If you have any questions or concerns about your hearing or are suffering from tinnitus call the HearSay Speech and Hearing Centre and speak to one of the Audiologists.