



Tinnitus

Patient and Family Education

This teaching sheet contains general information. Please talk with your child's doctor or pediatric audiologist to get more specific information. Call **813-262-1330** to schedule an appointment.

What is tinnitus?

- Noise/sound that can be heard in one or both sides of the head that can affect a person's quality of life.
- May sound like ringing, roaring, buzzing, clicking, beating, whooshing, whistling, humming, or other noises.

What are the risk factors for tinnitus?

- More common in males
- Obesity
- High blood pressure
- Diabetes
- Anxiety disorders
- Long term noise exposure or loud impulse noises
- Hearing loss

What are the possible symptoms of tinnitus?

Your child may have one or more of these:

- Hearing a noise/sound all the time or in certain situations
- Difficulties sleeping
- Struggling to understand speech
- Problems focusing

What causes tinnitus?

There are two types of tinnitus: primary and secondary

Primary: Unknown cause. Can be caused by impacted cerumen, diseases or pressure behind the eardrum.

Secondary: Related to Meniere's disease or ear nerve conditions.

It's important to follow-up with your doctor as directed as tinnitus can be caused by more serious and rare conditions

How is tinnitus diagnosed?

An ENT will review medical history and perform a physical exam to rule out other conditions. A hearing evaluation may be completed since tinnitus frequently occurs in patients with hearing loss.

Does tinnitus get better or worse over time?

- Tinnitus may improve over time, especially when it is mild and has lasted for less than six months

What treatment options are available for tinnitus?

Several treatment options are available to tinnitus patients:

- Watching and waiting – some patient's recover over time
- Hearing aids for patients with hearing loss – can make tinnitus less noticeable
- Counseling and/or medications
- Cognitive behavioral therapy – form of psychotherapy which can help with coping
- Sound therapy – using smart phones, CD players, or radios