

Noise Induced Tinnitus Prevention

At Connect Hearing we provide a wide variety of hearing protection devices to aid in the prevention of noise induced tinnitus:

- Specialty ear plugs significantly block out loud sounds at work while still enabling effective 2-way communication
- Other specialty ear plugs reduce the volume of loud music without distorting tonality for musicians and music lovers
- Simple but effective earplugs for everyday use are also available



The Connect Hearing Difference

- **We're Canada's #1 physician referred hearing healthcare provider** with over 140 clinics in Canada and 40 years of expertise in hearing healthcare.
- **Our local hearing care professionals work with you to choose the right hearing solution for your lifestyle.** We don't focus on sales, we spend time making sure you get the right hearing help that you need, now and in the future.
- **We have a wide range of modern and advanced hearing technology to fit your needs** from our Primary technology that will help you with everyday listening all the way up to our Select technology with Bluetooth, rechargeable, language translation and invisible options.
- **We have convenient monthly financing** options available** with personal guidance and application support for any coverage you apply for.
- **We provide a 60-day confidence guarantee to ensure you have the right hearing solution.** If you aren't satisfied, we'll work with you to find a better solution. We also provide free hearing technology cleaning, annual checkups, and comprehensive warranties that cover loss, damage, repairs and remakes.

#1 PHYSICIAN[†]
REFERRED



Connect
Hearing 

VAC, WCB, WSIB, WorkSafeBC, ADP & ODSP accepted. *Free hearing tests are only applicable for customers over 50 years of age. No purchase required. Some conditions apply. †Based on national physician referrals over the tenure of the corporation's Canadian business operations compared to the disclosed referral count of leading competitors. *CAA, CAA logo and CAA rewards trademarks owned by, and use is authorized by, the Canadian Automobile Association. **Financing program provided in partnership with Paybright.



Tinnitus

Causes, Treatment
& Prevention

Connect Hearing 

1.800.563.HEAR (4327) • connecthearing.ca

About Tinnitus

Tinnitus (pronounced tih-NITE-us or TIN-ih-tus) is the perception of sound where there is no corresponding external cause of the sound. Most people describe their tinnitus as a 'ringing in the ears'. However, the experience of tinnitus has been described by up to 50 different sounds including:

- Buzzing
- Hissing
- Whistling
- Whooshing
- Clicking
- Screaming
- Humming
- Ticking
- Roaring
- "Crickets"
- Beeping
- Steady tone

Causes of Tinnitus

Tinnitus is not a disease. It is a symptom of a range of underlying causes, most of which are associated with hearing or other health issues:

- Hearing loss due to aging
- Genetic hearing loss
- Ear infection
- Blocked ear canal
- Trauma to the ear
- Drug side effects
- High blood pressure
- Heart disease
- Temporomandibular joint disorder
- Noise induced

Effects of Tinnitus

Most people are likely to experience tinnitus to some degree, at some time or another.

The negative emotional impact of tinnitus can range from "mild" to "catastrophic" and it can be intermittent (75% of cases) or persistent (25% of cases). For most people, the experience of intermittent tinnitus is more of a mild annoyance than a serious problem. However, persistent tinnitus can be very disturbing and can be so severe that it interferes with daily activities. Some of the effects of persistent tinnitus can include:

- Trouble sleeping
- Trouble concentrating
- Anxiety and irritability
- Memory problems
- Fatigue
- Stress
- Depression



How We Can Help

An estimated 37% of adult Canadians (9.2 Million) have experienced tinnitus in the past year and it was bothersome for 7% of the population. Tinnitus is associated with poor self-reported mental health, mood disorder, a weak sense of community belonging, high daily stress and poor quality of sleep.*

If you or someone you know is experiencing tinnitus, Connect Hearing can help. We specialize in the prevention, identification and most common treatments of tinnitus. Visit any Connect Hearing location and we'll help with:

Tinnitus Assessment

Noise induced hearing loss and aging related hearing loss are the most common causes of tinnitus. At Connect Hearing, we offer a tinnitus assessment, that includes a hearing evaluation and tinnitus severity measurement.

Tinnitus Treatment Solutions

After going through a tinnitus assessment, Connect Hearing's qualified hearing care professionals will recommend the most efficient treatment option.

If hearing loss is associated with your tinnitus, Connect Hearing can help with the following solutions:

- Hearing aids will improve your communication and often reduce tinnitus symptoms. Hearing aids amplify external sounds, helping the brain to focus on outside and soft background noises partially masking tinnitus sounds for many people.
- Tinnitus maskers are typically used for people who do not have significant hearing loss. Tinnitus maskers produce sound that masks tinnitus.
- Tinnitus instruments are a combination of hearing aids and a tinnitus masker and are recommended for people with hearing loss who do not experience significant relief from hearing aids alone.

*Statistics Health Canada March 20, 2019