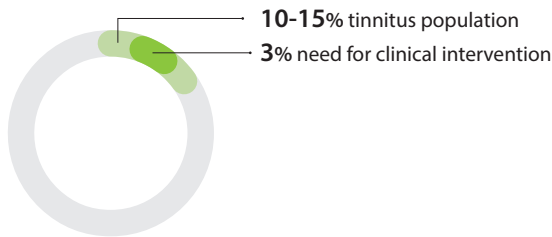


# Managing tinnitus holistically

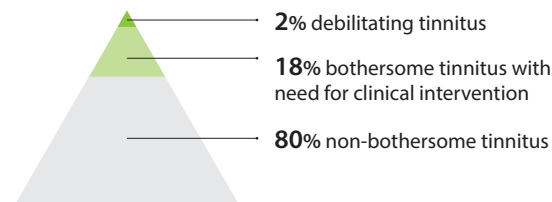


## Key facts on tinnitus

### Overall population affected by tinnitus<sup>1</sup>



### Severity of symptoms amongst tinnitus patients<sup>1</sup>



### Tinnitus is associated with<sup>1,2</sup>



Hearing loss



Noise exposure

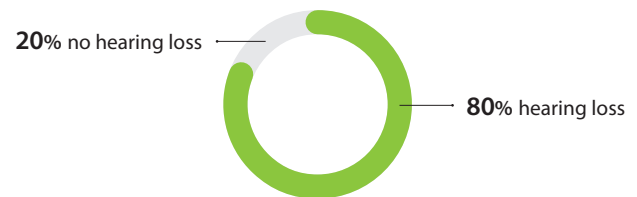


Stress



Aging

### Prevalence of hearing loss amongst tinnitus patients<sup>3</sup>



It is assumed that hearing loss triggers the central auditory system to adapt & compensate which then results in tinnitus.



## Hearing aids for tinnitus patients

- Hearing aids are recommended for patients affected by both tinnitus and hearing loss.<sup>1</sup>
- Hearing aids have been shown to have a beneficial effect on health-related quality of life.<sup>4</sup>
- Hearing aids or combination devices (providing e.g. white noise) are considered suitable approaches. Amplification of environmental sounds can help reduce the perception of tinnitus.<sup>5</sup>
- Extended-wear hearing aids that can be worn for 24hrs/day seem to provide relief to tinnitus patients as the constant amplification supports better sleep.<sup>6,7</sup>
- A combination of hearing aids and tinnitus counseling is considered as good practice.<sup>8</sup>



Tinnitus patients can benefit from a holistic approach including hearing assessment and audiological care!

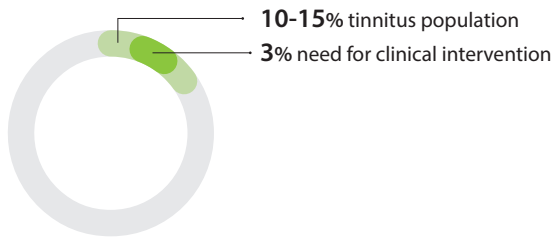
<sup>1</sup> Cima, R. F. F., Mazurek, B., Haider, H., Kikidis, D., Lapira, A., Noreña, A., & Hoare, D. J. (2019). A multidisciplinary European guideline for tinnitus: diagnostics, assessment, and treatment. *HNO*. doi:10.1007/s00106-019-0633-7 <sup>2</sup> Shore, S. E., Roberts, L. E., & Langguth, B. (2016). Maladaptive plasticity in tinnitus—triggers, mechanisms and treatment. *Nature Reviews Neurology*, 12(3), 150-160. <sup>3</sup> Baguley, D., McFerran, D., & Hall, D. (2013). *Tinnitus*. *The Lancet*, 382, 1600-1607. doi:10.1016/S0140-6736(13)60142-7 <sup>4</sup> Ferguson, M. A., Kitterick, P. T., Chong, L. Y., Edmondson-Jones, M., Barker, F., & Hoare, D. J. (2017). Hearing aids for mild to moderate hearing loss in adults. *Cochrane Database of Systematic Reviews*, (9). <sup>5</sup> Sereda, M., Xia, J., El Refaie, A., Hall, D. A., & Hoare, D. J. (2018). Sound therapy (using amplification devices and/or sound generators) for tinnitus. *Cochrane Database of Systematic Reviews*, (12). <sup>6</sup> Henry, J. A., & Manning, C. (2019). Clinical protocol to promote standardization of basic tinnitus services by audiologists. *American Journal of Audiology*, 28(15), 152-161. <sup>7</sup> Power, D., Tomlin, D., & Dowell, R. Reducing Tinnitus with Hearing Aids: Does the Lyric Offer a More Effective Option? University of Melbourne, *Conference Poster* 2019

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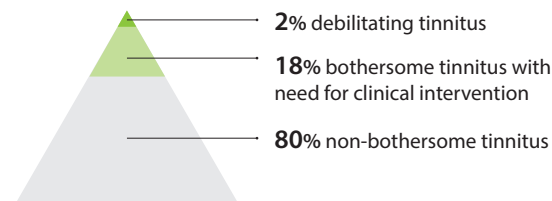


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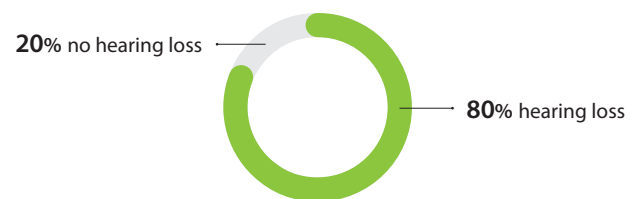


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Our expertly trained team at Connect Hearing offers advanced tinnitus management – from counseling support to state-of-the-art hearing solutions and app-based therapy approaches.

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