

# RINGING IN YOUR EARS?

You don't have to  
"just live with it."



## Take **Control** of Your Tinnitus Today

If you were told by a medical professional that nothing can be done about your tinnitus — the constant ringing, buzzing, or pulsing only you can hear — we've got good news for you.

### It's Simply **Not True.**

A life free from the frustration of tinnitus is possible. There's no cure yet, but there are options for managing or treating your symptoms. Together, we can develop a personalized strategy to get you back to enjoying life.

### How We Can **Help**

When you come in for a tinnitus evaluation, we learn your health history and perform audiometric tests to determine the likely cause of your tinnitus. We then develop a treatment plan together that involves...

- Further suggestions for self-care
- Progressive tinnitus management (PTM), an excellent program developed for veterans by the Veterans Administration that is also available for civilians



- Tinnitus retraining therapy (TRT), in which counseling and sound therapy aim to help you change your perception of the tinnitus, so that it becomes emotionally neutral rather than frustrating
- If negative emotions accompany your tinnitus, we might recommend a trained behavioral health therapist to help mitigate the emotions; it's estimated that half to three-quarters of tinnitus patients do experience such issues

#### **Commit to Action**

Many of the best treatments, such as PTM and TRT, require ongoing, active participation — you might not see immediate improvement. You'll see the best results by remaining optimistic, being fully engaged, and sticking with it over several months.

# Tinnitus Isn't a Disease

It's a symptom of an underlying health issue. The most common causes are:

- Hearing loss
- An ear obstruction (earwax, congestion, foreign object)
- Sinus pressure
- Temporomandibular joint (TMJ) issues
- Prescription drugs (short-term side effect)
- A balance problem

If you suddenly experience tinnitus, stay calm — it's likely caused by a health factor you're already aware of.

## Where You Can Start

You can improve your condition right away through general wellness practices:

### Relaxation.

Tinnitus is less burdensome when you manage to relax. Listen to soothing music or take up exercise, yoga, or meditation — anything that helps you become calm and content.

### Sleep.

The more restful your sleep, the less the perceived intensity of your tinnitus when you're awake. Use a sound machine, radio static, or a fan to mask your tinnitus as you try to fall asleep. Also, reduce your consumption of things that tend to inhibit sleep.

Source: American Tinnitus Association. Understanding the Facts. <https://www.ata.org/understanding-facts>.



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# You're Not Alone

## 50 Million

people in the U.S. experience tinnitus

## 20 Million

of those have stressful chronic tinnitus

## 2 Million

people in the U.S. have debilitating tinnitus

## Sounds include

*hissing, swooshing, clicking —  
even musical melodies*

*"ti-NIGHT-us" or "TINN-a-tus"?  
You can pronounce it either way!*



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