

## What is Tinnitus?

Tinnitus is commonly known as ringing in the ears, but can also be a hissing, roaring, pulsing, whooshing, chirping, whistling and clicking. It can be heard in one or both ears and can be constant or come and go. Tinnitus is a common problem with as many as one third of adults reporting it at some point in their lives. Tinnitus is not a disease, rather it is a symptom of a problem.

### What Causes Tinnitus?

- Blows to the head
- Large doses of certain drugs
- Stress
- Noise exposure
- Hearing loss
- Stress
- Impacted ear wax
- Tumors
- Unknown

### What Is the Treatment for Tinnitus?

- Treat the underlying cause
- Medications
- Biofeedback
- Hypnosis
- Tinnitus Maskers
- Hearing aids