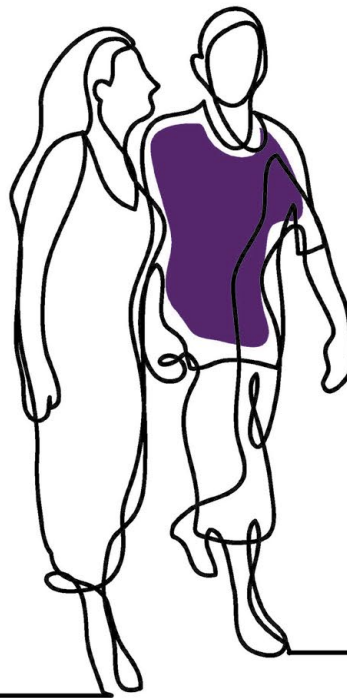


Living with Tinnitus

One in three people will experience tinnitus at some point in their lives, and it is estimated that one in eight people live with persistent tinnitus. Although it is common, despite what you may read online, unfortunately there are no scientifically proven cures or 'quick fixes' to banish tinnitus. Research into tinnitus treatment is ongoing, but the diversity of tinnitus and unanswered questions surrounding its cause/s make a universal cure unlikely.

However, there are lots of different tactics to help relieve tinnitus. These often take time to be effective and require a bit of perseverance, but can lead to your tinnitus getting quieter and less bothersome over time.



How will my tinnitus be treated?

Depending on the severity, persistence, and type of tinnitus you are experiencing your Audiologist may refer you to an Ear Nose and Throat (ENT) specialist for further investigation. If this is not necessary, they may recommend that you try wearing hearing aids (if you have a hearing loss), try counselling, or attend cognitive behavioural therapy (CBT) or tinnitus retaining therapy (TRT).

What else might help relieve my tinnitus?

Everyone's experience with tinnitus is unique, so it is important to learn what works best for you. Although there are many easy things you can try:

- **Avoid silence** – sometimes referred to as 'sound therapy' or 'sound enrichment'. Ensuring your brain has something to focus on that isn't your tinnitus helps the vast majority of people to find relief. You can use any sound to avoid silence, from your favourite music to a ticking clock! There are many smartphone apps that provide customised sound therapy at your fingertips, discover the free Relief app on the App Store or Google play, or read more about it at: <https://www.danalogic.co.uk/apps/relief-app>
- **Regularly wear hearing aids** – if you have tinnitus and a hearing loss, supporting your ears with hearing aids is usually a very effective way to soothe tinnitus. For more information on how this works please visit <https://www.danalogic.co.uk/nhs-tinnitus-hearing-aids>

Where can I find reliable information about tinnitus treatments?

Your Audiologist may give you some suggestions for relieving tinnitus at home. In addition to sound therapy techniques, these often include relaxation tactics (e.g. breathing exercises, yoga or meditation) and encouraging you to exercise regularly and maintain a healthy diet.

Your local library may have self-help books written for people with tinnitus, and also resources to support learning new relaxation tactics. However, for the most up-to-date information on tinnitus treatment it's best to look on the NHS' (<https://www.nhs.uk/conditions/tinnitus/>) and British Tinnitus Association's (BTA; <https://www.tinnitus.org.uk/>) websites. The BTA also provides free 'on-demand' webinars, bookable online workshops and has a dedicated learning portal ('Take on Tinnitus': <https://www.takeontinnitus.co.uk>) to help you learn more about tinnitus and the available treatments.



What if I don't have hearing loss?!

Although tinnitus is often associated with hearing damage, some people with 'normal' hearing have tinnitus. This is partly why the cause of tinnitus remains unknown. The good news is that many of the techniques used for those with hearing loss will also still provide you with relief from your tinnitus.

How can I find other people who understand?

Talking about your experience of tinnitus with people that also have tinnitus can be very therapeutic. Hearing other people's stories can also be very reassuring, and give you ideas on how to relieve your tinnitus.

Ask your Audiologist if they organise or are aware of any local support groups. You could also try checking local social media groups, (e.g. on Facebook or MeetUp), or asking in your local community centre, library, or GP practice.

The British Tinnitus Association host national online support groups, (find out more at: <https://www.tinnitus.org.uk/online-support-groups>), and also have over 100 affiliated local support groups across the country – discover your nearest at: <https://www.tinnitus.org.uk/find-a-support-group>



Who can I ask for support?

In addition to your family, friends and anyone you meet at a support group, there are several charitable associations that can provide you with support. The British Tinnitus Association (BTA) have a specially trained team who are experienced in helping people that are struggling with their tinnitus. You can contact the BTA for free in four ways:

- Online chat: <https://www.tinnitus.org.uk/>
- Telephone helpline (Monday to Friday 09:00–17:00): **0800 018 0527**
- Text: **07537 416841**
- Email: helpline@tinnitus.org.uk

If you would like help 'out-of-hours' please consider calling one of the charities below, as although they are not tinnitus specialists, they will provide you with support in times of need, 365 days of the year:

Samaritans

24-hour telephone helpline:

116 123

Email:

jo@samaritans.org

CALM (Campaign Against Living Miserably)

Telephone helpline (17:00–midnight):

0800 585858

Online chat (17:00–midnight):

www.thecalmzone.net

