



# Sound Source

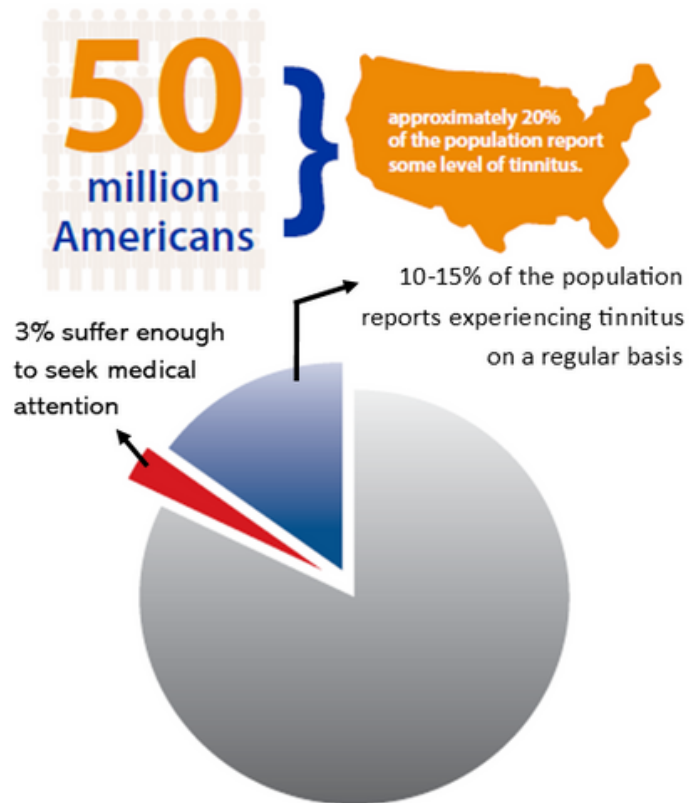
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## Tinnitus: Helping Your Patients Find Relief

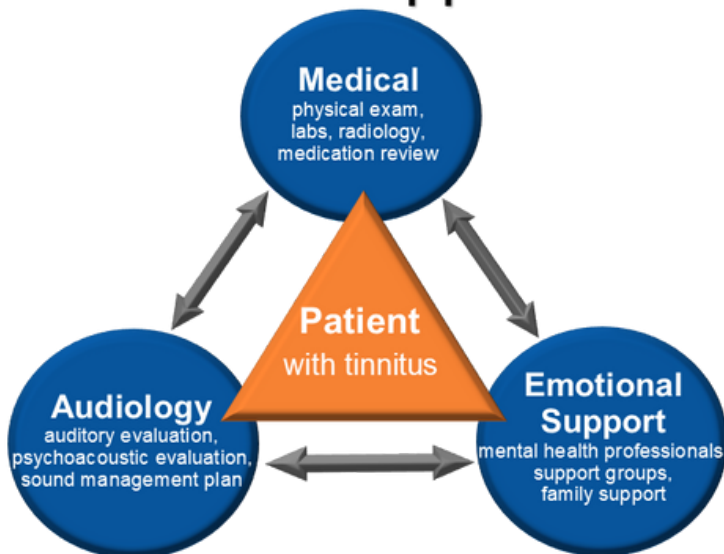
Many people, even those with normal hearing, experience tinnitus at some point in their lives. It may be a by-product of loud noise exposure, such as a rock concert or a night out at a club, lasting a few hours to a few days. It may also happen spontaneously without any apparent reason and then disappear as suddenly as it began.

If tinnitus persists, it may impact one's quality of life. Day-to-day conversations may prove difficult causing withdrawal and isolation. Sleep, attention, and rest may be compromised resulting in feelings of fear, depression, anger, frustration, and loneliness.

Physicians and other medical professionals are often on the front lines of tinnitus evaluations and treatments. While a cure or a quick fix may not be possible, there is hope for relief. People with tinnitus can habituate with appropriate support.



### A Team Approach



There are many different reports and stories regarding tinnitus management, but the fact is, every patient is unique. A patient-specific management plan based on evidence-based practice standards, proper follow-up, and individualized care significantly increases the chances for success.

# What To Expect From Audiology

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## STEP 1

### DIAGNOSTIC AUDITORY EVALUATION

Audiologists provide comprehensive testing to determine if an underlying auditory or medical disorder exists. Tinnitus is often associated with hearing loss.



## STEP 2

### TINNITUS ASSESSMENT

Audiologists seek to understand how tinnitus is impacting a patient's life. Tinnitus evaluations allow the audiologist to document the patient's auditory experience.



## STEP 3

### EDUCATION & TRAINING

Audiologists collaborate with the patient to develop a customized plan to reduce the impact of tinnitus. If a hearing aid or sound generator is warranted, the audiologist will guide the patient's selection.



## STEP 4

### ONGOING SUPPORT & FOLLOW UP

Audiologists will monitor the patient's progress through ongoing evaluations and provide additional referrals to other health care professionals as needed.

**There is hope for relief!**

**With the right support, most patients successfully manage their tinnitus.**

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## Questions about tinnitus evaluations or management?

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