

Hearing Loop

NEWSLETTER

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Focus Topic

Hearing aids relief the burden: 70%
report less tinnitus annoyance

Research

The global buzz: How widespread is tinnitus?

Dear partner,

In this issue of Hearing Loop, we will explore one of the most complex complaints of patients with hearing loss - tinnitus. We will review a recent survey on hearing aid effectiveness, which found that over 70% of participants reported reduced tinnitus-related annoyance while using them. Additionally, we'll take a closer look at tinnitus prevalence, its link to hearing loss, and the mechanisms that make hearing aids a powerful tool for relief. Plus, don't miss our Virtual Symposium recap on tinnitus and hearing loss management. Happy reading!

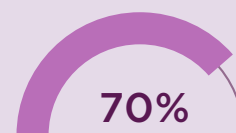
The Triton Hearing Team

FOCUS TOPIC



Sound relief: hearing aids reduce tinnitus distress

More than



of hearing aid wearers reported an improvement in tinnitus related annoyance³

Hearing aids relief the burden: Over 70% report reduced tinnitus annoyance

Tinnitus is associated with several otologic and non-otologic risk factors, but in most cases, it is a symptom of hearing loss.

Recent studies have further highlighted the positive impact of hearing intervention on tinnitus-related distress.^{2,3}

While there is no cure for tinnitus yet, hearing solutions are a well-established intervention for tinnitus patients with hearing loss and are widely recommended in clinical guidelines.¹

According to a retrospective survey of adults with both hearing loss and tinnitus, the large majority reported relief from tinnitus distress while wearing hearing aids.³

The report contributes to the growing body of evidence demonstrating that hearing aid use positively impacts tinnitus.

Learn more.



STUDY

The global buzz: How widespread is tinnitus?

While numerous studies have explored various aspects of tinnitus and its impact on individuals, there has been limited information on how widespread and common it is.

A recent systematic review and meta-analysis examining the worldwide prevalence and incidence of tinnitus estimates that 14% of adults - over 740 million people - are affected, with more than 120 million experiencing severe cases.

raised to 14% in middle-aged adults and 24% in older adults. These figures position tinnitus as one of the leading causes of years lived with disability, alongside hearing loss, migraine, low back pain, and neck pain.

The authors advocate for a concerted effort to expand research on the global burden of tinnitus, given its substantial impact on the quality of life and overall health of those affected.⁴

The prevalence of tinnitus did not show significant gender differences, but did increase with age. Among young adults, 10% report tinnitus, while the prevalence

Read the full study.



More than
740
million
people
experience
tinnitus.



Recommended scientific best clinical practices for treating tinnitus

In addition to the auditory system, tinnitus involves multiple brain regions, affecting various aspects of life, such as communication, sleep quality, and emotional well-being, often resulting in a significant decrease in quality of life.⁵ Addressing the root cause of tinnitus is the primary treatment approach. In cases where it is a symptom of hearing loss, hearing intervention is a key component of tinnitus management.¹

Further evidence-based treatment options include

- Education and counseling: to help patients understand the mechanisms in the brain that cause tinnitus.
- Cognitive Behavioral Therapy (CBT/iCBT): to effectively help patients cope with their tinnitus, significantly reduce tinnitus distress, and improve their overall well-being.⁶

- Sound therapy: to diminish the presence of tinnitus through pleasant or calming sounds. Because the brain can only focus on one thing at a time, using sound can provide immediate relief or the ability to focus more effectively.⁷

App-based counseling can be an added benefit for tinnitus patients, especially those who do not have access to counseling according to modern standards.

By integrating practices like CBT with other treatment options, clinicians can better support patients in managing their tinnitus and improving their quality of life.



Read more.

PRODUCT

Less ringing, more living: How hearing aids help tinnitus patients



Beyond improving quality of life and reducing communication challenges through better hearing, hearing aids can help relieve the burden of tinnitus through specific mechanisms.^{2,8}

- By increasing auditory stimulation, hearing aids make it easier to focus on external sounds, such as speech, TV or radio, effectively reducing the focus on the tinnitus.

- Amplifying environmental sounds helps shift the hearing aid user's attention away from their tinnitus and makes it less noticeable.

- Many hearing aids also include built-in features, such as noise generators or maskers, specifically designed to distract from the sound of tinnitus and provide further relief.

Sound therapy technology in hearing aids
Hearing aids equipped with sound therapy technology can generate masking sounds, such as white noise (broadband noise) or pink noise (nature sounds).



EVENT

Online Physician Symposium Enhancing Health Outcomes through proactive Hearing Loss and Tinnitus Management!



Missed our Online Physician Symposium in May? Catch up with our recap and explore the latest scientific insights into hearing health and tinnitus management.

Bec Bennet, Dr. David Maidment, and Prof. Dr. med. Berthold Langguth shared expert advice and best practices on the role of sound in holistic health, as well as the often-overlooked impact of hearing loss and tinnitus on overall health.

The symposium is available in English, with AI-generated captions and subtitles in 60 languages.



Listen in.

- White noise contains all frequencies across the spectrum of audible sound in equal measure, sounding like static or the hiss of a television.

- Nature sounds have more energy in the lower frequencies, creating a more soothing effect. These sounds resemble steady rainfall or a waterfall.

The spectral characteristics of the masking noise can be customized based on the patient's audiogram, providing targeted auditory stimulation to help alleviate the distress caused by tinnitus.

Get more details.

Every child deserves the chance to hear well.



Did you know that 4 out of 5 children with hearing loss live in low- and middle-income countries?

Untreated hearing loss can significantly reduce a child's opportunity to develop essential language skills, access to education, and full participation in society. While early detection and care are standard in many countries, these life-changing resources are often unavailable in low and middle-income countries.

Since 2006, Hear the World Foundation has been working alongside trusted local partners to deliver essential screening, diagnostics, and hearing aids to address these gaps in care. Our projects span

Europe, the Middle East, Asia, Africa and Latin America. We believe in the power of collaboration with health authorities and governments to create sustainable, long-term solutions that strengthen local healthcare systems.

Learn more about the
Hear the World
Foundation.



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