

Tinnitus management – Do hearing aids help?



Tinnitus and hearing loss:

Tinnitus is commonly associated with hearing loss and most patients develop tinnitus as a symptom of hearing loss. The degree of hearing loss is not directly linked to the severity of tinnitus which means that people with a mild hearing loss can still be significantly bothered by their tinnitus¹. Importantly, tinnitus patients that only show a mild hearing loss in their audiograms might still perceive substantial reduction of their speech perception.

Overall population affected by tinnitus¹

10-15%

Prevalence of hearing loss amongst tinnitus patients¹²

20% no hearing loss

80% hearing loss



Benefits of hearing aids for tinnitus patients:

Environmental Amplification:

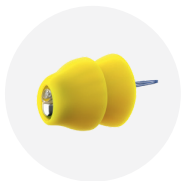
Hearing aids are suggested to reduce the awareness of tinnitus by shifting the attention to the amplified environmental sounds.³ This also applies to mild hearing losses.⁴⁵

Habituation through sound:

In addition to amplification, a noise generator with a neutral sound like white noise (via speaker, headphones, or hearing aids) can be used. The neutral noise can decrease the perceived loudness of the tinnitus.⁶

Improved Communication:

People with bothersome tinnitus can have difficulties following a conversation, talking on the phone, watching television, etc. In cases with hearing loss, hearing aids increase the volume of these activities to facilitate listening in more challenging listening situations.⁷



Lyric – an effective 24/7 option for tinnitus patients:

While traditional hearing aids are worn 9 hours per day on average, tinnitus is present day and night. Lyric is a unique extended wear device that can be worn 24 hours a day for weeks at a time. A study comparing Lyric to traditional hearing aids showed Lyric users experienced greater reduction in tinnitus severity and sleep disturbances than those wearing traditional hearing aids.⁸



Complementary tinnitus management services:

For those with bothersome tinnitus, advanced tinnitus management can complement hearing aids to provide further relief. Cognitive Behavioural Therapy (CBT) is the most thoroughly validated best practice.¹ An app combines CBT with education counselling, and individually tailored sound therapies to empower patients to manage their tinnitus from home.



Our trained hearing care professionals at Triton Hearing expertly counsel and manage tinnitus with a combination of suitable hearings aids and a Tinnitus therapy app to relieve the burden of tinnitus.

¹Cima, R. F. F., Mazurek, B., Haider, H., Kikidis, D., Lapira, A., Noreña, A., & Hoare, D. J. (2019). A multidisciplinary European guideline for tinnitus: diagnostics, assessment, and treatment. HNO. doi:10.1007/s00106-019-0633-7. ²Baguley, D., McFerran, D., & Hall, D. (2013). Tinnitus. The Lancet, 382, 1600-1607. doi:10.1016/S0140-6736(13)60142-7 ³Del Bo L., Ambrosetti U. (2007) Hearing aids for the treatment of tinnitus. ProgBrainRes 166:341-345 ⁴Sereda, M., Hoare, D. J., Nicholson, R., Smith, S., & Hall, D. A. (2015). Consensus on hearing aid candidature and fitting for mild hearing loss, with and without tinnitus: Delphi review. Ear and hearing, 36(4), 417. ⁵Hoare, D. J., Edmondson-Jones, M., Sereda, M., Akeroyd, M. A., & Hall, D. (2014). Amplification with hearing aids for patients with tinnitus and co-existing hearing loss. Cochrane database of systematic reviews, (1). ⁶Jastreboff, P. J. (2011). Tinnitus retraining therapy. Textbook of tinnitus, 575-596. ⁷Ferguson, M. A., Kitterick, P. T., Chong, L. Y., Edmondson-Jones, M., Barker, F., & Hoare, D. J. (2017). Hearing aids for mild to moderate hearing loss in adults. Cochrane Database of Systematic Reviews, (9). ⁸Biggins, A., & Power, D. (2021). Reducing Tinnitus with hearing aids: Does Phonak Lyric™ offer a more effective option? Phonak Field Study News. Retrieved from www.phonakpro.com/evidence, accessed July, 2022.