

Managing tinnitus holistically



Key facts on tinnitus

Overall population affected by tinnitus¹



10-15 % no hearing loss
3 % need for clinical intervention

Severity of symptoms amongst tinnitus patients¹



2 % debilitating tinnitus
18 % bothersome tinnitus with need for clinical intervention
80 % non-bothersome tinnitus

Tinnitus is associated with¹²



Hearing loss



Noise exposure



Stress



Ageing

Prevalence of hearing loss amongst tinnitus patients³

20 % no hearing loss



80 % hearing loss

It is assumed that hearing loss triggers the central auditory system to adapt & compensate which then results in tinnitus.



Hearing aids for tinnitus patients

- Hearing aids are recommended for patients affected by both tinnitus and hearing loss.¹
- Hearing aids have been shown to have a beneficial effect on health-related quality of life.⁴
- Hearing aids or combination devices (e.g. providing white noise) are considered suitable approaches. Amplification of environmental sounds can help reduce the perception of tinnitus.⁵
- Extended-wear hearing aids that can be worn 24hrs/day seem to provide relief to tinnitus patients as the constant amplification supports better sleep.^{6,7}
- A combination of hearing aids and tinnitus counseling is considered as good practice.⁸



Tinnitus patients can benefit from a holistic approach including hearing assessment and audiological care!

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 ²Shore, S. E., Roberts, L. E., & Langguth, B. (2016). Maladaptive plasticity in tinnitus—triggers, mechanisms and treatment. Nature Reviews Neurology, 12(3), 150-160. ³Baguley, D., McFerran, D., & Hall, D. (2013). Tinnitus. The Lancet, 382, 1600-1607. doi:10.1016/S0140-6736(13)60142-7 ⁴Ferguson, 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). ⁵Sereda, M., Xia, J., El Refaie, A., Hall, D. A., & Hoare, D. J. (2018). Sound therapy (using amplification devices and/or sound generators) for tinnitus. Cochrane Database of Systematic Reviews, (12), 8. ⁶Henry, J. A., & Manning, C. (2019). Clinical protocol to promote standardization of basic tinnitus services by audiologists. American Journal of Audiology, 28(1S), 152-161. ⁷Power, D., Tomlin, D., & Dowell, R. Reducing Tinnitus with Hearing Aids: Does the Lyric Offer a More Effective Option? University of Melbourne, Conference Poster 2019