

Tinnitus is a common medical condition in which sufferers complain of persistent ringing in the ears. Others describe it as a whistling, clicking, hissing, roaring, buzzing, or whooshing sound that simply **doesn't** go away.



50 Million Americans

Tinnitus affects roughly **15%** of the general population, with men and women impacted equally. In just the US alone, this means there are **over 50 million Americans** who suffer from varying degrees of high-pitched ringing.



Nearly 9 in 10 Sufferers

Roughly **90%** of all tinnitus patients are diagnosed with some level of hearing loss. However, a significant percentage of sufferers notice their symptoms decrease when using assistive technologies like hearing aids.



The Unlucky 10 Percent

For most patients, tinnitus is a tolerable annoyance. But for roughly **10%** of sufferers, the ringing can lead to emotional anguish and mental distress. Additional symptoms include memory loss, depression, anxiety, and fatigue.

Is Tinnitus Curable?

Although there is no known cure for tinnitus, the condition is manageable with proper treatment.

Sound therapy, for example, can help decrease the ringing sensation by stimulating specific regions of the brain's sound processing system.

It's also possible to habituate oneself to tinnitus through acceptance and commitment therapy (ACT) – a type of psychological counseling.

However, diagnosis is the **first** step in effective tinnitus management. And this begins with a

thorough hearing test performed by a licensed audiologist. Based on the results of these evaluations, it's possible to choose the most appropriate treatment option.

Want Relief from the Ringing?

If you or a loved one currently suffers from persistent ringing in the ears, we may be able to help.

To learn more about our approach to treating tinnitus, schedule a consultation with The Hearing Solution today by calling (916) 646-2471 or visiting us online at TheHearingSolution.com.