



Navigating Tinnitus – Information Guide

If you have a constant ringing, hissing, buzzing or other sound in the ears, [take control of it](#).



Common Causes of Tinnitus

- **Noise exposure:** have you worked/lived in a noisy environment for many years? If so, go to a [hearing clinic](#) that has tinnitus services
- **Medications:** some meds have tinnitus as a side effect; ask your [doctor](#) about this and get their advice
- **External impact:** if you had a head or neck injury or an invasive dental procedure right before the noise started, you will want to address these physical issues with your [doctor or other healthcare providers involved in your care](#)
- Other causes can be discussed with your [doctor](#)

Where can I go for help?

You can see your **doctor**, an **ENT (Ear Nose, Throat) specialist** or a **hearing clinic** that deals with tinnitus. Who you see may depend on your situation:

- If your tinnitus has a pulsing quality to it, go to your **doctor** or **ENT**
- If tinnitus persists > 7 days, and/or includes dizziness, see your **doctor** and a **hearing clinic**

What do I ask my doctor?

- Can any health changes other than hearing loss be causing the tinnitus for me?
- Can an ENT specialist investigate?
- Do any medications I am taking have tinnitus as a side effect, and if so, what can be done?
- Let your doctor or ENT know if the tinnitus is pulsating or if you experience vertigo or dizziness

My doctor says I must live with tinnitus. Now what?

- Ask for any recommendations to hearing clinics, or find one in your area that offers tinnitus treatment

What do I ask at my hearing clinic?

- Do you provide any treatments **specifically** for tinnitus?
- Do you provide any options other than hearing aids?
- What is the cost of each option?
- Is there any **clinical testing** behind the treatment options?
- What is the level of commitment for these options?
- What are the success rates for these options?

Am I eligible for coverage?

- If you developed tinnitus due to your workplace, there may be workers' compensation programs to help cover a treatment (e.g., the WSIB)
- If you are a veteran, you may get coverage for a treatment
- If you have extended benefits or workplace insurance, you can inquire about coverage for a hearing health related issue
- **In all of the above cases**, you will need to have an audiologist providing the tinnitus treatment to write a prescription and/or letter recommending the treatment for your tinnitus

Other useful information

- If you are also sensitive to sound or loud sound, you may have hyperacusis: protect your hearing and avoid noisy environments until the sensitivity is reduced; this can take weeks to months

What is Sound Options Tinnitus Treatments?

- Sound Options works with 500+ hearing clinics in North America to offer an effective and enjoyable sound therapy for tinnitus sufferers
- Sound Options therapy uses the unique tinnitus and hearing profile of each client to create a personalized treatment
- It is not a masker; it is a brain retraining program that has been clinically tested
- Treating tinnitus is as easy as listening to music with Sound Options
- **Does your hearing clinic have it? Ask about it now!**

New to tinnitus? you can also find basic facts and information about it via:

www.tinnitus.org.uk
www.ata.org