

Audiology - The Hearing Centre



Information for Patients

Tinnitus
Management
Clinic



Why am I here?

Your Ear Nose and Throat (ENT) doctor has referred you to the Tinnitus clinic for Tinnitus management.

This leaflet explains what Tinnitus is and what will happen during the Tinnitus Management appointment.

What is Tinnitus?

Tinnitus is the term for the sensation of hearing a sound in the absence of any external sound.

You might hear different types of sounds e.g. buzzing, humming, ringing or whooshing. These may be continuous or intermittent.

The Tinnitus may seem like it is in one ear, both ears or in the middle of the head.

What causes Tinnitus?

Tinnitus usually results from some kind of change, either mental or physical.

The brain responds to this change by trying to get more information from the ear. The signals produced are Tinnitus sounds.

Who gets Tinnitus?

Tinnitus is very common in all age groups. About 30% of people will experience Tinnitus at some point in their life.

However, approximately 10% of people will experience and live with persistent Tinnitus.

Tinnitus is more common in those people with a hearing loss or other ear problems. However, it can be experienced by people with normal hearing.

What will happen during my appointment?

Your ENT doctor will have already ruled out any medical factors related to Tinnitus during your ENT appointments.

You will have been referred to the Tinnitus Management Clinic by your ENT doctor if your Tinnitus is particularly troublesome.

Your appointment takes approximately **45 minutes to 1 hour**, however, further appointments may be arranged.

During your appointment you will be introduced to more structured and more formal ways of managing your Tinnitus, using a combination of approaches.

These will enable you to recognise and change negative thoughts and behaviours associated with Tinnitus and employ coping strategies, mindfulness and habituation.

What can I do?

Take care of your hearing as prolonged exposure to loud noises increases the risk of getting Tinnitus or making it worse.

Protect your hearing by avoiding loud sounds and wear adequate ear protection.

How should I prepare for my appointment?

Along with your appointment letter, there will be a short questionnaire to complete.

Please bring this to your appointment and hand it in to the Audiologist.

Tinnitus Support

The following provide advice and support for those with Tinnitus.

www.takeontinnitus.co.uk - Take on Tinnitus is an invaluable online resource designed to help patients better understand tinnitus and offer practical ways that could help to relieve their tinnitus - rated by 85% of users as useful or very useful.

www.tinnitus.org.uk - The British Tinnitus Association provides information, advice and guidance

Helpline - confidential information and advice from a member of the BTA team (9am to 5pm, Monday to Friday):

- Web chat: www.tinnitus.org.uk
- Tel: 0800 018 0527
- Email: helpline@tinnitus.org.uk
- Text: 07537 416841
- If you are interested in taking part in a support group, please contact colette@tinnitus.org.uk

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If you are unable to attend the appointment please advise as soon as possible as the appointment can be given to someone else who needs it.

If you have any further questions regarding your appointment, please do not hesitate to contact us.

Further information and support is available on our webpage.

The Tinnitus Team:

Elizabeth Smith, Senior Audiologist

Karen Gray, Senior Audiologist

Sara Mahood, Senior Audiologist



Notes



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If you have a visual impairment this leaflet can be made available in bigger print or on audio tape. If you require any of these options please contact the Patient Information Centre on **0161 922 5332**

If you require an interpreter, please ask an appropriate person to contact our department on **0161 922 6381** to arrange this for you

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