



“I wonder if using the DO NOT CALL list to stop the ringing in my ears would work.”

TINNITUS
RISK
AWARENESS

HEARING
HEALTH
DECISIONS



IT'S ESTIMATED THAT 35-50 MILLION AMERICANS STRUGGLE WITH TINNITUS AND FOR APPROXIMATELY 2 MILLION PEOPLE IT CAN BE SEVERE OR EVEN DEBILITATING.

Tinnitus is not a disease in and of itself, but rather a symptom of some other underlying health condition. In many cases tinnitus is a sensorineural reaction in the brain to damage in the ear and auditory system.

Tinnitus (ringing in the ears) causes may include:

- Long term noise exposure or a single loud event
- Pressure caused by blockage in the middle ear
- Stress and anxiety
- Head and neck trauma or dental issues
- Ototoxic effects from prescription drugs
- Smoking

DID YOU KNOW?
People with tinnitus may hear sounds similar to...


BUZZING RINGING WIND CHIRPING ROARING

Other factors for developing tinnitus may include:

- Gender (male) • Age • Caucasian/non-Hispanic
- Blood vessel disorders • Obesity

Most people with tinnitus also have hearing loss. In addition to improving communication, hearing aids can also help tinnitus.

NOW THAT YOU KNOW...help us to help you hear better and reduce the negative impact of tinnitus symptoms on your quality of life.



“Suddenly, these candles don’t seem so bright.”