

YOUR GUIDE TO LIVING WITH TINNITUS

EVERY MOMENT DESERVES TO BE HEARD.



WHAT IS TINNITUS?

Derived from the Latin word for “ringing,” tinnitus refers to the phenomenon of perceiving sounds within the ear that have no external source.

While most people experience moments or brief periods of hearing ringing in their ears after extended exposure to a noisy environment or following a sudden, extremely loud sound, some people experience the condition on a more ongoing basis. This is tinnitus.

TINNITUS

noun | 'ti-nə-təs , tə-'nī-təs:
a sensation of noise,
such as a ringing or roaring

While most people think of tinnitus as ringing in the ears, the sound can actually take on many forms.



RINGING



WHOOSHING



WHISTLING



ROARING



HISSING

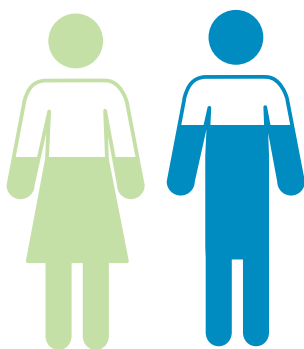
6 THINGS YOU DIDN'T KNOW ABOUT TINNITUS

1 **50 million Americans,** or **10 to 15 percent of adults,** are affected by tinnitus.



2 **One percent**

of adults have tinnitus severe enough to cause disturbance in their daily life.



3 Men experience tinnitus more often than women.

4 There are two main types of tinnitus: subjective, in which only the person experiencing it can hear the sounds, and objective, in which the person experiencing it as well as others can hear the sound.

5 **90%** of people with tinnitus have some level of noise-induced hearing loss (NIHL).



6 Hearing aids can often provide relief from the internal sensation of tinnitus.



6 CAUSES OF THAT RINGING IN YOUR EARS

An important thing to know is that tinnitus is not a condition or a disease, but rather a symptom that usually points to something larger. Some causes include:

- ✓ Hearing loss
- ✓ Excessive earwax
- ✓ Nasal congestion from a severe cold, flu or sinus infection
- ✓ Head or neck trauma
- ✓ TMJ disorder
- ✓ Ototoxic medications



FROM THE EXPERT

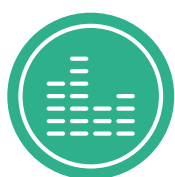
"Tinnitus commonly accompanies sensorineural hearing loss. If you're experiencing tinnitus, visit your physician or hearing care professional for a full examination to diagnose the underlying cause. In many cases, resolving this will alleviate your tinnitus."

Dr. Thomas Tedeschi
Miracle-Ear Chief Audiology Officer

TINNITUS TREATMENT

While there is currently no cure for tinnitus, there are several ways to manage it. Because it's often associated with hearing loss, hearing aids are the most common treatment.

Tinnitus relief features can be found in many Miracle-Ear solutions and hearing aids styles - even in our most discreet options. Miracle-Ear technology features three types of tinnitus control:



Static noise is designed to distract you from your tinnitus. By mixing a static sound with the tinnitus sound, this can help divert your attention from the ringing noise.



Ocean waves create a soothing environment, just like that of a serene ocean. This is an alternative to static noise and can be found to be a stress-free type of tinnitus treatment.



Notch Therapy can reduce the perception of tinnitus after wearing your hearing aids for weeks or months without hearing an audible signal like static noise or ocean waves. The goal of Notch Therapy is for your brain to learn to ignore the tinnitus sound.

As with any tinnitus treatment plan, you should consult with a hearing care professional to find the right option for your needs. With over 1,400 locations, Miracle-Ear is here to help.



WHAT DO MIRACLE-EAR TINNITUS CUSTOMERS HAVE TO SAY?



"I was at the beginning stages of tinnitus when I went to the ear doctor. And I know no one says the hearing aids cure tinnitus, but in my case, when I put it in I realized that I didn't have tinnitus anymore. I took it out and didn't wear it for four or five days, my tinnitus started to come back. So it not only improves my hearing, it also takes care of that. I've been using Miracle-Ear for almost over a year now and I'm very pleased. They are absolutely outstanding."

-Gilbert G.



"Three months ago I got tinnitus and didn't realize it. I was having this ringing in the hearing aid and the professional said, "Do you have that ringing when you take your hearing aid out?" I said yes and the professional replied that she thought it was tinnitus. She put a program that would appease it and it solved my problem. I've had a great experience."

-John B.



"Miracle-Ear had called me to see if I wanted to get a hearing test, which I needed. Since I've been there, it's been amazing. I ended up with the behind-the-ear hearing aid and it's very comfortable. I have tinnitus and my hearing care professional programmed in the ocean sound that gets rid of that constant humming in my head, which is very nice."

-John W.

If you experience tinnitus and are looking for relief, don't wait another day.

Call 1-800-351-8010 today and we'll find at treatment option that works for you.



QUESTIONS TO DISCUSS WITH YOUR **HEARING CARE PROFESSIONAL**

- Does the ringing affect one or both ears?
- Is the noise a ringing, buzzing, roaring or other?
- Is the sound constant or sporadic?
- What is the perceived pitch and volume?
- Does the ringing affect daily activities like sleep or work?
- Are there any external factors, such as drinking caffeinated beverages, that make the sound seem worse?
- If you wear a hearing aid, do you hear the sound when you're wearing it?