

Tinnitus

Is the Ringing in My Ears Normal?

Not at all. Tinnitus is the name for these head noises, and they are very common. Nearly 36 million Americans suffer from this discomfort. Tinnitus may come and go, or you may be aware of a continuous sound. It can vary in pitch from a low roar to a high squeal or whine, and you may hear it in one or both ears. When the ringing is constant, it can be annoying and distracting. More than seven million people are afflicted so severely that they cannot lead normal lives.

Can Other People Hear the Noise in My Ears?

Not usually, but sometimes they are able to hear a certain type of tinnitus. This is called "objective tinnitus," and it is caused either by abnormalities in blood vessels around the outside of the ear or by muscle spasms, which may sound like clicks or crackling inside the middle ear.

What Causes Tinnitus?

Most tinnitus comes from damage to the microscopic endings of the hearing nerve in the inner ear. The health of these nerve endings is important for acute hearing, and injury to them brings on hearing loss and often tinnitus. If you are older, advancing age is generally accompanied by a certain amount of hearing nerve impairment and tinnitus. If you are younger, exposure to loud noise is probably the leading cause of tinnitus, and often damages hearing as well.

There are many causes for "subjective tinnitus," the noise only you can hear. Some causes are not serious (a small plug of wax in the ear canal might cause temporary tinnitus). Tinnitus can also be a symptom of stiffening of the middle ear bones (otosclerosis).

Tinnitus may also be caused by allergy, high or low blood pressure (blood circulation problems), a tumor, diabetes, thyroid problems, injury to the head or neck, and a variety of other causes including medications such as anti-inflammatories, antibiotics, sedatives, antidepressants, and aspirin. If you take aspirin and your ears ring, talk to your doctor about dosage in relation to your size.

Treatment will be quite different in each case of tinnitus. It is important to see an otolaryngologist to investigate the cause of your tinnitus so that the best treatment can be determined.

What Is the Treatment?

In most cases, there is no specific treatment for ear and head noise. If your otolaryngologist finds a specific cause of your tinnitus, he or she may be able to eliminate the noise. But, this determination may require extensive testing including X-rays, balance tests, and laboratory work. However, most causes cannot be identified. Occasionally, medicine may help the noise. The medications used are varied, and several may be tried to see if they help.

The following list of DOs and DON'Ts can help lessen the severity of tinnitus:

- * Avoid exposure to loud sounds and noises.
- * Get your blood pressure checked. If it is high, get your doctor's help to control it.
- * Decrease your intake of salt. Salt impairs blood circulation.
- * Avoid stimulants such as coffee, tea, cola, and tobacco.
- * Avoid alcohol and other depressants.
- * Avoid routine or excessive use of aspirin and non-steroidal anti-inflammatory agents such as Ibuprofen.

- * Exercise daily to improve your circulation.
- * Get adequate rest and avoid fatigue and stress.
- * Stop worrying about the noise. Recognize your head noise as an annoyance and learn to ignore it as much as possible.

What Can Help Me Cope with Tinnitus?

Concentration and relaxation exercises can help to control muscle groups and circulation throughout the body. The increased relaxation and circulation achieved by these exercises can reduce the intensity of tinnitus in some patients.

Masking. Tinnitus is usually more bothersome in quiet surroundings. A competing sound at a constant low level, such as a ticking clock, radio static (white noise), or a fan may mask the tinnitus and make it less noticeable. Products that generate white noise are also available through catalogs and specialty stores.

Hearing Aids. If you have a hearing loss, a hearing aid(s) may reduce head noise while you are wearing it and sometimes cause it to go away temporarily. It is important not to set the hearing aid at excessively loud levels, as this can worsen the tinnitus in some cases. However, a thorough trial before purchase of a hearing aid is advisable if your primary purpose is the relief of tinnitus.

Tinnitus maskers can be combined within hearing aids. They emit a competitive but pleasant sound that can distract you from head noise. Some people find that a tinnitus masker may even suppress the head noise for several hours after it is used, but this is not true for all users.

Herbal Remedies: Some studies have shown that certain substances may help improve tinnitus.

These include:

- 1) Ginko Biloba (~ 480 mg/day)
- 2) Zinc (~ 30 mg/day)
- 3) Niacin (~ 250 mg/day)
- 4) Thiamine = Vit B1 (~ 1.1 mg/day)
- 5) Odorless Garlic (~ 600 mg/day)