



Tinnitus

What is Tinnitus?

Tinnitus is “head” noise. It is often described as a ringing, humming, buzzing, clanging, whistling, roaring, rushing, or hissing sound.

Some people hear the sound all the time. Other people hear it on and off. How loud is the sound? It is different for each person too.

Why do I have this? What can be done for me?

CAUSE	TREATMENT
Hearing loss	Avoid loud noise
Upper respiratory infections	Treat the infection
Wax in ear	Remove wax
High/low blood pressure	Medication/diet
High cholesterol	Medication/diet
Diabetes	Medication/diet
Circulation disorders	Medication
Medications such as aspirin, fluid pills, anti-inflammatory and antibiotics	Medication review
Head/neck injury	See primary care physician
Loud noise	Wear ear plugs
Stress	Relaxation techniques

Some tips that may help you:

- Try turning on a fan or air-cleaner. Some people use a radio tuned to the static between the stations. All these items create white noise. This may help cover up the sounds you hear. Many people find that listening to white noise helps them fall asleep.
- Caffeine, nicotine, alcohol and stress can make it appear more bothersome. Eliminating or reducing these things often helps.
- Some people find they have less trouble if they wear their hearing aid(s).
- Use relaxation techniques such as deep breathing.

There are many articles in magazines and newspapers that claim vitamins, chemicals or special devices help. They might provide relief at first, but long-term success with these is not common.

There is no cure for Tinnitus. Although it is often a benign problem, in conjunction with other symptoms, it can be an indicator of something more serious. Patients who experience tinnitus should always report it to their primary care physician.

Audiology Clinics:

Albany

VA Medical Center
113 Holland Avenue
Albany, NY 12208
(518) 626-5820

Batavia

VA Western New York Healthcare System
222 Richmond Avenue
Batavia, NY 14020
(716) 432-7287

Bath

VA Medical Center
76 Veterans Avenue
Bath, NY 14810
(607) 664-4419

Buffalo

VA Western New York Healthcare System
3495 Bailey Avenue
Buffalo, NY 14215
(716) 862-6095

Canandaigua

VA Medical Center
400 Fort Hill Avenue
Canandaigua, NY 14424
(716) 393-7891

Rochester

Outpatient Clinic
465 Westfall Road
Rochester, NY 14620
(716) 241-2010

Syracuse

VA Medical Center
800 Irving Avenue
Syracuse, NY 13210
(315) 477-4525

