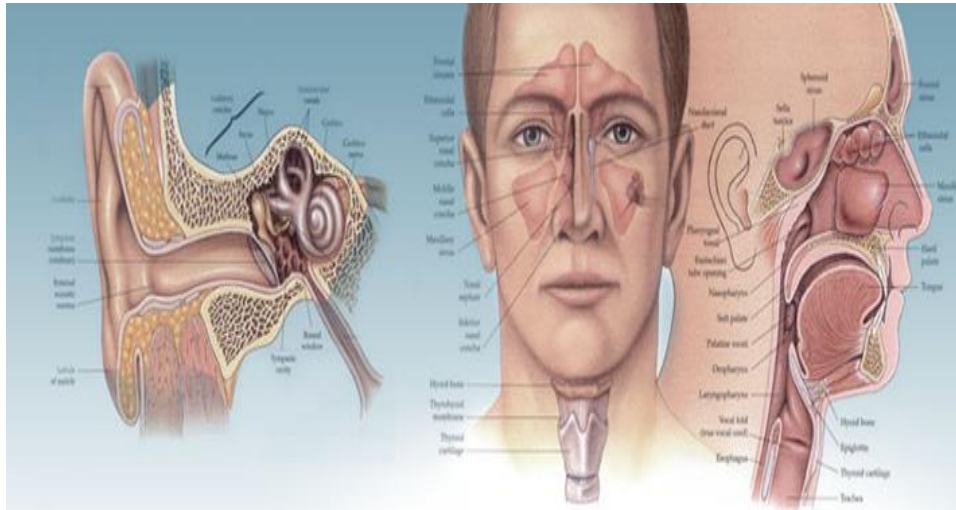


# NEWSLETTER

INTRODUCTION TO  
TINNITUS - HEALTH  
RISKS, SYMPTOMS,  
CAUSES AND TREATMENT

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IN THIS ISSUE

***Is the ringing in your ears driving you insane?***

***What is Tinnitus?***

This is the hearing of the sound when there is no external sound present. It is an annoying ringing sound in the ear that affects approximately 10% of the population. Music and voices are not very clear.

It is the buzzing sound you hear that is a result of nerves picking up on abnormal electrical signals moving from your ears to your brain.

The ringing sound may be a low or high pitched sound and appear to be coming from one ear or both.

The degree of the loudness or annoyance varies from one individual to another.

It can sometimes worsen or improve over a period of time.

Tinnitus appears gradually over time and results in depression and anxiety. It also has an affect during concentration.

It affects males, as well as females in equal numbers.

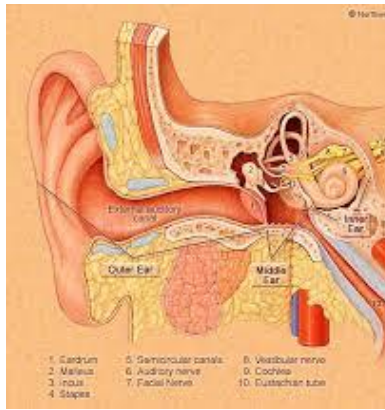


***What is, Tinnitus, health risks and symptoms?***

***What can cause Tinnitus and when to go and visit your ENT Specialist for this condition?***

**Tinnitus can be classified under 2 categories:**

1. Pulsatile



2. Non-pulsatile

**What is pulsatile (objective) Tinnitus?**

The sounds from objective (rhythmic) tinnitus occur somewhere within the body and reaches the ears by conduction through various body tissues, such as the amplified sound of blood circulating through your arteries.

It occurs far less frequently than the non-pulsatile tinnitus - approximately 1% of the general population, and it is considered relatively rare.

Objective pulsatile tinnitus and tinnitus in children always need a careful imaging study.



**Symptoms of pulsatile Tinnitus:**

1. Sound that match your heartbeat
2. Lightheadedness.
3. Sudden chest pain or signs of a heart attack.

**Causes of pulsatile Tinnitus:**

1. Sounds created by muscle movements near the ear, changes in the ear canal, or blood flow problems in the face or neck.
2. High Blood pressure
3. Hardening of the arteries.
4. Turbulent blood flow
5. Head or neck tumors
6. Abnormal capillaries
7. Muscular tinnitus can be caused by several degenerative diseases that affect the head and neck, including lateral sclerosis or multiple sclerosis.

**What is non-pulsatile (subjective) Tinnitus?**

This is the most common type of tinnitus. It originates from the auditory pathway, mostly from the central nervous system, and is experienced at night when you are sleeping.

It can be missed diagnosed as the sound cannot not be heard or detected by the examiner.

This is also a non-rhythmic Tinnitus.

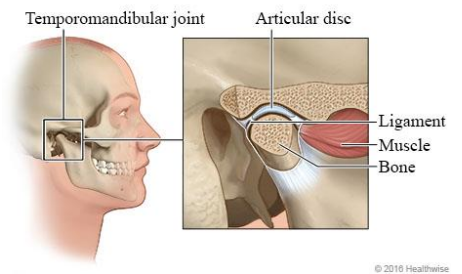
**Symptoms of non-pulsatile Tinnitus:**

Sounds can be heard in one ear or both and may be a symptom of almost any ear disorder.

**Causes of non-pulsatile Tinnitus:**

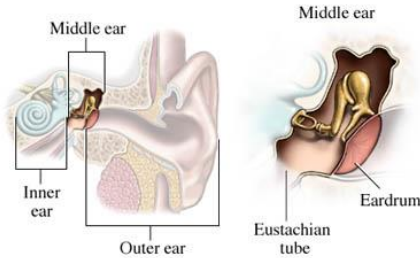
It is caused by problems in the nerves involved with hearing.

1. The most common cause is hearing loss that occurs with aging.
2. Living or working around loud noises.
3. Build-up of earwax.
4. Medication, especially antibiotics or large amount of aspirin.
5. Consuming of excessive amount of alcohol or caffeine.
6. Ear infections or eardrum rupture.
7. Dental or other problems affecting the mouth, such as temporomandibular problems.



8. Whiplash due to injury, or a direct blow to the ear or head.
9. Injury to the inner ear following surgery or radiation therapy to the head or neck.
10. A rapid change in environmental pressure.
11. Severe weight loss from malnutrition or excessive dieting.
12. Repeated exercise with the neck in a hyper extended position, such as when riding a bicycle.
13. Anemia
14. Labyrinthitis
15. Meniere's disease
16. Thyroid disease
17. Patulous Eustachian tubes can be associated with tinnitus – abnormal opening of the tube.

18. Consequently talking, chewing, swallowing and other similar actions can cause vibrations directly into the eardrum.



### **Treatment for non-pulsatile tinnitus:**

If the cause is due to hearing loss, the initial treatment in most cases is hearing rehabilitation with either hearing aids or surgery, depending upon the specific cause.

In some cases a special audiologic device may be prescribed, which is worn like a hearing aid. These devices omit continuous, low-level white noises that suppress the tinnitus sounds.

These devices will not remove the tinnitus permanently. When the device is removed, the tinnitus sound remains.

Tinnitus habituation therapies – retraining therapy, using low level sounds in a graduated fashion to decrease the perception of tinnitus and is supported by counseling with a trained professional who can teach the proper techniques to maximize the effectiveness of tinnitus habituation therapies.

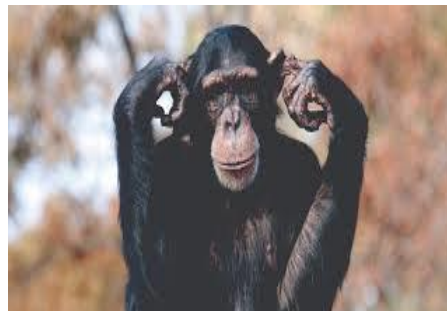
Some people with tinnitus may obtain relieve by listening to background sounds that they find pleasant, such as the ocean, etc.

***Despite efforts to raise awareness of hearing loss and tinnitus, young adults continue to expose themselves to the potential risks of loud noise while participating in leisure activities.***

1. Listening to excessively loud music for reasons associated with social norms and expectations.
2. Listening to the loud music with ear phones or other sources and devices.

### **Taking precaution at a young age;**

1. Using hearing protection devices when exposed to excessive noise in nightclubs, raves and concerts
2. Using hearing protection when working in an area with continuous excessive noise, such as factories, etc.



### **Most common effects of tinnitus:**

1. Difficulty falling asleep.
2. Feeling depressed and irritable.
3. Experiencing interference in social activities.
4. Hearing difficulties.
5. Feeling confused and experience of disruption of daily activities and jobs.
6. Effects concentration during their academic studies and school for younger children.
7. ***According to South African studies on Tinnitus, some***

***studies have shown that there may be a relationship between tinnitus, anxiety, depression and suicide in young adults who suffer from this condition.***

### **When to consult your ENT specialist:**

1. When your Tinnitus occurs with other symptoms.
2. Does not get better or go away.
3. Or appears to be only in one ear.
4. And / or experiencing any of the common effects of tinnitus.

There might not be a cure for Tinnitus, but your ENT Specialist can help you to learn how to live with the condition and also to ensure that a more serious problem is not causing the symptoms.

A clinical testing and workup will be performed for the specialist to figure out the underlying causes.

If you are diagnosed with rhythmic tinnitus, you may be referred to a Physician for further treatment.

