

Tinnitus

Vestibular and Tinnitus Rehabilitation

1

Tinnitus Eval and Rehab

- <http://www.youtube.com/watch?v=OE5floveLoM&feature=related>

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2

Tinnitus Eval and Rehab

- What is Tinnitus?
 - Ringing, hissing, buzzing
 - May be intermittent or constant
 - Can be slightly annoying to debilitating.
- Demographics
 - 50 million in US. 2-3 million find it debilitating.

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3

Tinnitus Eval and Rehab

- Causes
 - Specific etiology is not clearly understood and will vary due to the specific auditory disorder.
 - Relationship w/ these disorders...
 - Cochlea (Meniere’s disease, presbycusis, NIHL)
 - VIII N. and CNS (acoustic neuroma & other lesions)
 - Metabolic changes and medications/drugs (rare)
 - Other (impacted cerumen, otitis media, TMJ, stress, fatigue, high blood pressure, high cholesterol, etc.)

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4

Tinnitus Eval and Rehab

- Evaluation
 - Full audiologic and medical examination
 - Quantification (e.g., perceived loudness, loudness discomfort, constant/intermittent, pitch matching)
 - Impact on individual
 - Questionnaires (e.g., Tinnitus Severity Scale)
 - Sleep patterns, depression, stress, etc.

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5

Tinnitus Eval and Rehab

- Treatment (Medical and Non-Medical)
 - Medical
 - Metabolic and medication – tinnitus may be reversed.
 - Most types of tinnitus can not be cured, especially if related to cochlear or auditory pathways.
 - Auditory patch - direct stimulation of auditory cortex can inhibit tinnitus. Not currently FDA approved. Trials at MCW.

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6

Tinnitus Eval and Rehab

– Non-medical

- Instrumentation
 - Hearing aids
 - Tinnitus maskers--
http://www.youtube.com/watch?v=H5WzGCrAsX8&feature=player_embedded
 - Combination hearing aids/tinnitus maskers
 - Neuromonics



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7

Tinnitus Eval and Rehab

– Non-medical (cont)

- Tinnitus Retraining Therapy (TRT)
 - Most commonly administered by audiologists, although SLPs involved.
 - Habituation and counseling
 - Can also be used with
 - » *Misophonia*
 - » *Phonophobia*
 - » *Hyperacusis*

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8

Tinnitus Eval and Rehab

– Non-medical (cont)

- Cognitive-Behavioral Therapy (psychologists)
 - Education and counseling
- Support (e.g., American Tinnitus Association)

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9

Other ways to reduce tinnitus

- Avoid loud noises
 - Exposure to loud noises can make tinnitus worse. i.e., TTS
- Avoid total silence
- Follow directions for medications, especially for high blood pressure & cholesterol.

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Other ways to reduce tinnitus

- Lifestyle changes
 - Reduce caffeine, alcohol, salt, aspirin, and nicotine.
 - Reduce stress
 - Get adequate sleep
 - Keep mind & body with meaningful activities.
 - Healthy diet
 - Exercise

Where to go for help

- Medical College of Wisconsin (Froedert Hospital)
- VA Hospital (Milwaukee, Madison, Tomah, N. Chicago, Chicago, Hines)
- Your local audiologist or otolaryngologist
- American Tinnitus Association (www.ata.org)

Summary

Vestibular and Tinnitus Rehabilitation *13*
