

May 2007

NEWS YOU CAN USE TO HELP YOUR
HEARING IMPAIRED PATIENT



EARS 2 YOU

Information for the physician's assistant

TINNITUS CAN BE HELPED!

Tinnitus is defined as ear or head sound that is not produced by an external stimulus. Tinnitus is commonly described as a ringing, roaring, hissing, or whooshing. This sound may range from high pitch to low pitch or even a noise-like sound with no tonal quality.

According to the American Tinnitus Association, there are more than 50 million Americans with tinnitus. For most, the symptom is annoying but not intrusive in their lives. There are, however, about 12 million that the tinnitus is distressing enough to seek answers to the problem and some relief. Many of these 12 million tinnitus sufferers experience significant life affecting changes as a result of the tinnitus. These changes may include difficulty sleeping, depression, difficulty

concentrating, abnormal stress, and difficulty with relationships. Generally, we say that if the tinnitus is affecting quality of life in any way and they are seeking help, then they are said to be “clinically significant” or have become a “tinnitus patient”.

If millions and millions of people have tinnitus, why do some allow it to affect their lives to the point that they become “tinnitus patients”?

Some people can “habituate” to fairly loud tinnitus and not be bothered while others are incapacitated by very soft tinnitus. The process of why this happens is well understood now and various effective methods of management are now available. We are not able to eliminate the tinnitus, but we are able to help people manage it more effectively.

THE TINNITUS PATIENT CAN BE HELPED!

Tinnitus management may include Neuromonics Tinnitus Treatment, Tinnitus Retraining Therapy, Sound generator or maskers, environmental sound enrichment, amplification, and counseling.

FOR INFORMATION REGARDING HEARING CARE , CONTACT
www.HearingCenterOfCastroValley.com

HEARING REHABILITATION CENTERS

Comprehensive and evidence based hearing and tinnitus care can best be achieved through hearing rehabilitation and tinnitus management offices that are dedicated only to that service.

- Complete hearing examination
- Amplification
- Auditory training
- Custom ear protection
- Music monitors and custom monitor devices
- Tinnitus management services

HEARING SERVICES

Dr. Beth Ehrlich
Doctor of Audiology

20126 Stanton Avenue #205
Castro Valley, CA 94546

Phone (510) 537-4211
Fax (510) 537-3345

FOR MORE INFORMATION ON
OUR TINNITUS MANAGEMENT
PROGRAM OR OTHER SERVICES,
SEE OUR WEB-SITE AND GO TO
ANY OF THE LINKS

HEARING SCREENING

Does your office routinely screen for hearing? If you do not, but feel it might be a good idea, there are several quick, easy, and effective ways to do it. These range from a standardized patient questionnaire, to hand-held pure-tone screeners, to actual audiometers. If incorporated into a new Medicare patient screening, the screening may even be reimbursable by Medicare.

If you need information, training, forms, or even equipment, please contact our office and we will provide a program for you.

Tinnitus, cont.

For patients that tinnitus has become clinically significant, there is a large and growing body of research that indicates the involvement of two other nervous systems besides the peripheral auditory. The limbic and autonomic nervous systems interact with each other in such a way that inhibits the patient that has tinnitus from habituating to the sound and become a **“tinnitus patient”**.

Many times this interaction process is precipitated by what they are first told by their health care professionals. **IT CAN BE HELPED**

www.HearingCenterOfCastroValley.com

