TINNITUS QUICK FACTS

What you need to know about tinnitus and hearing loss

What is tinnitus?

Tinnitus is the perception of sound (ringing, buzzing, hissing, clicking) with no external source. It is a symptom, not a disease, and it originates within the auditory system.

Key facts

The connection	Most people with tinnitus also have measurable hearing loss. Both usually trace to the same cochlear hair cell damage.
Noise damage	Sounds above 85 dB over time kill hair cells permanently. Once gone, they do not regenerate.
Age-related	Presbycusis (age-related hearing loss) typically starts in the high frequencies and can trigger tinnitus as hair cells are lost.
Earwax	Impacted earwax is one of the easiest causes to rule out. Professional removal can resolve tinnitus quickly if blockage is the cause.
Hearing aids	Approximately 60% of people with both hearing loss and tinnitus report improvement when fitted with properly programmed hearing aids.
Sound therapy	Background noise machines or hearing aids with built-in tinnitus programs reduce the perceived loudness by providing competing sound.

Get a hearing assessment if you have:

- Tinnitus in only one ear
- Sudden onset tinnitus
- Tinnitus with dizziness or ear fullness
- Tinnitus lasting more than three months
- Any change in how well you hear in conversation

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