

About Tinnitus

What causes tinnitus?

The main cause of tinnitus is some degree of hearing loss. This hearing loss does not necessarily have to cause any problems in everyday life.

There are many triggers for tinnitus such as exposure to loud noise; ear or head injuries; disease of the ear and ear infections; side effect of medication; or a combination of these. Tinnitus is affected by stress, anxiety and other emotional disorders.

Tinnitus types

There are a number of types of tinnitus:

Subjective tinnitus

This is by far the most common type of tinnitus

Subjective tinnitus is a persistent noise that can only be heard by the person who has it. It can be single or multiple tones which can be either high or low in pitch. Subjective tinnitus sounds can also be buzzing, a hissing or a roaring sound. It is a consistent sound which does not vary widely over time.

Many people with subjective tinnitus will report that they have difficulty hearing because of the internal sound of the tinnitus symptoms.

Objective tinnitus

This type of tinnitus is uncommon. On close examination, objective tinnitus can be heard by others and is caused by a problem with the blood vessels, an inner ear bone condition or muscle contractions.

Pulsatile tinnitus

Pulsatile tinnitus is a form of objective tinnitus which is a persistent rhythmic noise, heard by the patient only. It will appear to be heard in time with a person's heart beat.

Pulsatile tinnitus is caused by some change in blood flow in the vessels near the ear or to a change in awareness of that blood flow. If you are experiencing this you should go to your GP to have a check up as soon as you can.

Musical tinnitus (Musical Hallucination)

People with musical tinnitus will say that they can hear music when none is being played.

It is a rare condition and is different from the hissing and buzzing which people with subjective tinnitus perceive. While it might seem to be a better alternative to subjective tinnitus, musical tinnitus can be very distressing due to the continual and repetitive nature of a tune.

Visiting your doctor

It is sensible to visit your GP if you suddenly experience tinnitus. They will check your ear health, arrange the removal of wax blockage in the ear canals for example, and can quickly refer you if there are other health issues which need addressing.

With clinics in Harley Street and across the UK

Call us on **0203 597 4988** or visit our website www.thetinnitusclinic.co.uk



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