



# Break free from tinnitus

and improve  
your life



THE  
TINNITUS  
CLINIC™



## The Tinnitus Clinic

Established in Harley Street, London in 2011, The Tinnitus Clinic has helped thousands of its patients to an improved quality of life.

Our award winning audiology team have unique access to evidence based tinnitus and hyperacusis treatments and hearing aids, providing a treatment designed just for you.

*'Would recommend the services of The Tinnitus Clinic without reservation.'*

**Jaspreet Radhu**

## Tinnitus

Tinnitus is a conscious awareness of a sound in the ears or head that is not due to an external sound source.

It can be caused by:

- hearing loss
- a side effect of medication
- ear or head injuries
- diseases of the ear
- ear infections
- emotional stress



Front cover from L to R: Josie, David and Paula.  
Go to [www.thetinnitusclinic.co.uk](http://www.thetinnitusclinic.co.uk) to read their stories.

## Your tinnitus is as individual as you are

No two cases of tinnitus are exactly the same. That's why we take a very personal approach to diagnosis and treatment.

The sounds you hear may vary from ringing, whistling, buzzing or humming in the ears or head.

It can be low or high in pitch, in one ear or two, and sometimes all of those sound types at the same time.

We have experience of all of these symptom descriptions. When we make a treatment recommendation to you, we will consider your own tinnitus profile, your approach to the different treatments and your lifestyle.

## The cause and science of tinnitus

Tinnitus is more common than many people think with 10% of adults having tinnitus. While there are many apparent causes, it is almost always associated with some hearing loss.

### **How your brain learns an error which becomes tinnitus**

We don't hear with our ears, but with our brains.

The hearing part of the brain, or auditory cortex, is connected to the ears by a series of incredible bones and tubes. When noise happens outside of our head, it starts a series of impulses which travel all the way to the neurons inside of our head – to the auditory cortex. It's the auditory cortex which translates those impulses into something our brain recognises.

When there is an auditory malfunction – such as the damaging effect of a loud noise – the neurons behave differently.

Instead of responding only to outside noise, they begin to make up signals of their own, tinnitus.

When the neurons respond to outside noise, they fire separately, or asynchronously. When there is damage, large bundles of neurons fire together in synchrony.

It is the synchronous firing of these neurons that cause tinnitus. Over time this firing pattern becomes strengthened and reinforced and the tinnitus becomes an unpleasant part of a person's daily life.



## Breaking free from tinnitus ...

... and what it means  
to Josie Taberner.

'I fall asleep really quickly now  
and wake up normally. I feel  
like I have got my energy back  
and can concentrate again. I  
am now able to enjoy sport  
and get on with my life.'

*'I would say that if you  
have the chance then try  
the treatment because  
it has worked for me.'*

**Josie Taberner**



# Take control of your tinnitus – the assessment and diagnosis

## Step 1. Tinnitus relief starts here

We examine the health of your outer, middle and inner ear and measure the intensity and pitch of your tinnitus.

Your assessment includes a comprehensive range of diagnostic tests to measure your tinnitus and your expert audiologist makes a treatment recommendation based on the results of the examination and tests.

We explain what the outcome is likely to be for you, the expected time-scales in which you can expect an improvement, and costs for the proposed treatment.

## Step 2: Your treatment

Your tinnitus is personal to you and we offer a range of devices and therapy programmes which aim to significantly reduce your particular symptoms.

Tinnitus treatment takes commitment from you and your audiologist. We work with you to ensure you get the best results possible.



*'Very thorough assessment with plenty of time to discuss and ask questions. I felt that at last someone was listening to me and that it was with understanding and knowledge.'*

**Sylvia Wadsley**

### Step 3: Relief

Nobody wants to live with tinnitus.

We aim to help you break free from the constant noise, so that you can sleep better, increase energy, improve concentration and reduce anxiety.

*'The clinicians were friendly, the tests comfortable and explanation of results clear to understand. This appointment served to give me some hope of relief from this miserable condition. Many thanks.'*

**John Disberry**



## Our treatments

### Levo® Therapy System

During sleep our brains are more likely to be responsive and influenced by sound therapies and this forms the basis of the unique Levo System.

The Levo System will enable you and your audiologist to match your specific tinnitus sound and then deliver it consistently throughout the night using comfortable moulded ear buds. Levo is designed to be used on a daily basis whilst you are sleeping. It is easy to insert the ear buds and turn-on the iPod. It will switch itself off automatically during the night once the correct dosage has been applied.

This 'sound match' stimulates the hearing centre of the brain whilst you sleep, which helps the brain to habituate to your tinnitus sounds, with the result that the volume and annoyance of your tinnitus is significantly reduced during the day.

The Levo System is available exclusively in the UK only at The Tinnitus Clinic.



## Tinnitus Desensitisation Therapy™ (TDT)

TDT is a therapeutic pathway designed by The Tinnitus Clinic and available only from us.

It is suitable for a wide range of patients, including those who have hearing loss and those who do not.

TDT includes a bespoke range of therapies that are selected to meet your personal treatment requirements.

Taking into account your tinnitus acoustic profile which was identified at the Initial assessment, and your very personal experience of tinnitus, your audiologist will put together your Tinnitus Desensitisation Therapy using a number of different therapeutic techniques including our own specially designed relaxation exercises.

TDT helps you to take control of the impact that tinnitus is having on your life. The therapy aims to redirect your brain's attention away from the tinnitus signal and help the natural habituation process to occur so that, over time, you become progressively less aware of your tinnitus symptoms.

Using the activities in your TDT, we help you to cope with the day to day emotional impact of your symptoms.



## Our treatments

### Acoustic CR® Neuromodulation

The new Desyncra™ for Tinnitus system acts on the source of the tinnitus sounds within your brain.

By using the natural plasticity, or restorative power of the brain, the treatment aims to sustainably reduce the loudness and annoyance of your tinnitus sounds.

If you can hear the gentle tones, and have had tonal tinnitus for more than 4 months, then this treatment could be suitable for you.

#### Long term relief

Acoustic CR® Neuromodulation offers sustained relief to you by making long lasting changes to the patterns of activity in your brain which produces the tinnitus.

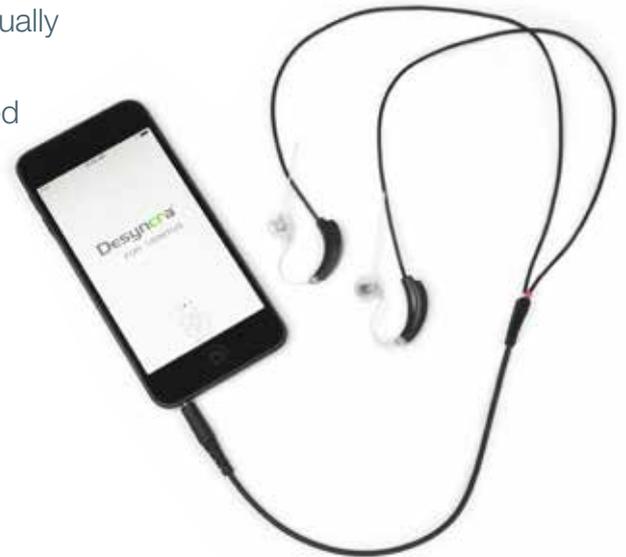
7 out of 10 people get significant relief from the worst of their symptoms.

#### Treatment programme

The treatment is delivered using therapeutic tones sent from the Desyncra for Tinnitus device to the hearing part of the brain. The therapy usually takes around 36 weeks.

The non-invasive, targeted tones are tailored to your exact tinnitus profile and are adjusted periodically throughout the therapy to ensure they remain optimised.

Every appointment is important as we reprogramme the device to your changing tinnitus tone and provide support for associated symptoms such as sleeplessness and anxiety.



## Hyperacusis Desensitisation Therapy

Hyperacusis is a hearing disorder that causes everyday noise like traffic or conversation to be perceived as being disproportionately loud and sometimes causing discomfort or even pain.

This occurs as a result of the central auditory system becoming hyperactive. Hyperacusis can be induced by auditory trauma or sometimes by experiencing acutely negative emotional states.

The Tinnitus Clinic has successfully worked with many patients, providing a comprehensive and effective therapy which

provides a progressive and sustainable reduction in Hyperacusis over time.

Your audiologist will select from a range of sophisticated sound generator systems and with supporting therapies, provide a therapy just for you.

The therapy gently decreases the abnormal sensitivity to sound, in order to restore a more normal reaction.

By sticking to the therapy, Hyperacusis symptoms will reduce progressively and sustainably.



*'Excellent service and well worth the money spent. Custom made treatment worked within weeks. My family are amazed at the difference this has made to my life.'*

**Anon, Edinburgh**

## Take control of your tinnitus today

You can make an appointment at any of our clinics by telephoning **0203 597 4988**, you do not need to be referred by a doctor.

We may suggest to you that you see one of our ENT doctors as well as our clinical audiologist at the initial assessment when there are other health issues that need to be investigated through a combined appointment.

GPs, ENT doctors and other healthcare professionals can also refer to us.

Our tinnitus assessments are covered by most major health insurers. Please ask for details at the time of booking your appointment.

## Finance options are available

The Tinnitus Clinic is approved and authorised by the Financial Conduct Authority to provide consumer credit.

Applications for finance can be made once you have had your assessment and you have your agreed treatment recommendation from your audiologist.

Finance can help spread the cost of treatment over time, and we are pleased to be working with Close Brothers Bank to provide this facility for our patients.

**The Tinnitus Clinic** London Harley Street and clinics across the UK.  
**T** 0203 597 4988 **E** [info@thetinnitusclinic.co.uk](mailto:info@thetinnitusclinic.co.uk) **W** [www.thetinnitusclinic.co.uk](http://www.thetinnitusclinic.co.uk)