



# Ringling in your ears?

## *Hearing Aids can help you!*

You are not alone – millions of people worldwide suffer from this condition known as Tinnitus. People may experience Tinnitus either intermittently or constantly. The causes of Tinnitus can be from a simple ear infection or being over-exposed to loud or noisy environments for long periods of time.

Despite the high prevalence of Tinnitus in the population and its obvious impact on the psychological health of people, only a small number of people contact their Doctor or hearing care professional. Like all forms of hearing loss, Tinnitus can have far-reaching implications that go well beyond hearing alone. Sufferers can become irritable, negative and even angry; they can suffer depression and tend to avoid socialising. It can also lead to impaired memory loss and diminishing general health. However, today there are several ways to treat Tinnitus that can dramatically improve the quality of your life.

A hearing care professional can provide effective treatment for Tinnitus; almost everyone who suffers from Tinnitus also has hearing loss. Hearing Aids, properly fitted by a hearing professional can reduce the stress and loudness or prominence of Tinnitus. This treatment is a sort of '*sound therapy*' for your ears. Just like you should look after your eyes and teeth, you should be sure to see a hearing professional whenever you think you have a problem with sound or ringing in your ears. In a USA survey over 60% of patients reported relief when using hearing aids.

There are many causes of Tinnitus and even today there is no guarantee of curing the condition. However, the wearing of hearing aids improves communication and the stress associated with intensive listening.

If you suffer from ringing or unusual noises in your ear contact your local hearing professional and get help – your ears are important to you. Please ensure that you ask your hearing professional if they are skilled in the management of Tinnitus. For example the hearing aid can be set to maximise the benefit provided to someone with Tinnitus, but this does require someone with the skill and experience in dealing with Tinnitus sufferers.

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