All About Tinnitus

While tinnitus is a common problem, it is often misunderstood. This is because it is not a disease, but rather a symptom of some other health condition. Tinnitus is marked by ringing or buzzing in the ears that is either constant or intermittent. While almost everyone experiences ringing in their ears at some point, when it lasts longer than six months it is then considered to be chronic. This bothersome issue is not typically signaling something severe happening with the body, but it can worsen overtime and impede communication. While there is no treatment, there are options in order to help with managing symptoms.

**What Causes Tinnitus?**

While the cause of ringing in the ears varies from person to person, a medical professional is equipped to try and help you discover what might have caused your issue. However, ringing in your ears is most often due to hearing impairment caused by damage to the cochlea. A hearing health professional can provide a patient with a full examination to help determine the root cause of the ringing in their ears.

**Hearing Loss**

Damage to the inner-ear or sensorineural hearing loss commonly occurs alongside subjective sounds in your ear. Damage to your hearing may be the result of presbycusis, which is difficulty hearing due to aging. This is because as we age, our hearing tends to deteriorate. Symptoms of ringing in the ears can be commonly found in those who are older aged. Being exposed to loud noises can also damage your hearing. This could be one instance, such as a concert, or happen over time. While hearing loss may be difficult to observe by the patient, a professional audiologist can help determine how much hearing damage has been done.

**Obstructions**

When your ear canal becomes blocked it can create a host of other issues, including ringing in your ears. Experiencing a blockage can impact how well you hear or cause irritation to your eardrum. Both of which could lead to perceived ringing in your ears. You may be experiencing excessive ear wax buildup, foreign objects in your ear, or loose hair in the ear canal. If the blockage has not caused permanent damage, the professional removal of the blockage could alleviate the symptoms.

**Sinus Pressure**

If you are experiencing nasal congestion, this can have an impact on the functionality of your middle ear. When you have a sinus infection or severe cold, this can lead to pressure being built up in your middle ear. This can cause a ringing or buzzing sensation. The same goes for when you experience rapid changes in air or water pressure. For instance, you may experience symptoms if you are a diver.

**Symptoms of Tinnitus**

This condition is when a person hears a sound inside one or both years when there is no external source. This sound may be constant or come and go. It can also feel like it is pulsating. The actual sound could be ringing, buzzing, clicking, or even roaring. The pitches could also vary. This can be very bothersome as it could potentially interfere with your day to day life, affecting hearing, concentration, and communication. This is why experiencing ringing in your ears can lead to frustration and cause those experiencing symptoms to seek treatment.

**Tinnitus Prevention**

Ringing in your ears is generally the result of something that cannot be pinpointed. However, there are ways to help lower your risk due to other factors. You always want to make sure you use hearing protection if you are around loud noises. While these noises may not cause an immediate noticeable reaction, overtime they can cause hearing damage. With the same principles in mind, turn down the volume on your television or radio. This will help to protect your hearing from experiencing potentially dangerous noise levels.

**State Hearing**

If your symptoms lead to frustration and are bothersome, you should make an appointment to visit a hearing professional at State Hearing. These symptoms can significantly impact someone’s quality of life and it can affect everyone differently. Experiencing ringing in your ears can lead to stress and even depression. A person may have difficulty focusing or communicating with those around them. Seeking treatment can help to determine the root cause of the issue and lead to the creation of a professional treatment plan. Contact us today at State Hearing to learn more!