



**Tinnitus Retraining Therapy
Certified Location:**

325 Lakeshore Road East
Port Credit, ON L5G 1H3

905-274-3032

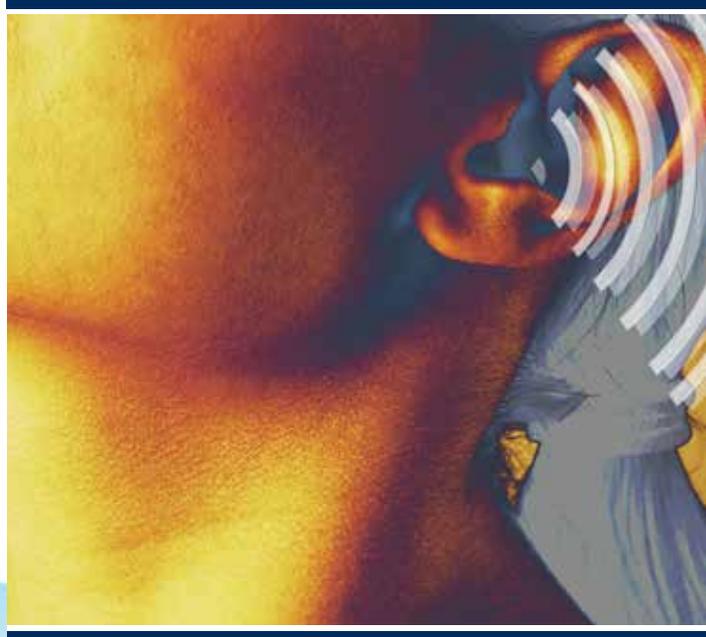
mississauga@senseofhearing.ca
tinnitus@senseofhearing.ca

OUR LOCATIONS

- Port Credit
- Oakville
- Burlington
- Waterdown
- Burlington North
- Welland
- Guelph



Tinnitus Retraining Therapy



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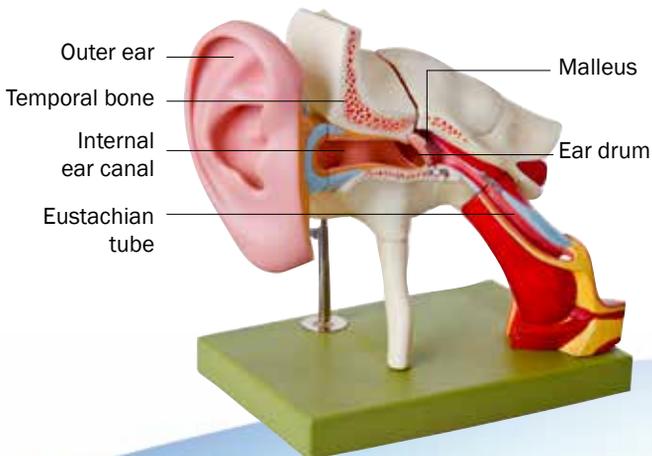
What is Tinnitus?

Tinnitus is a common problem: a buzzing, ringing or humming sensation which affects one or both ears and can be either constant or occasional.

Tinnitus affects about 17% of the general population, of which 4% suffer significantly.

WHAT CAUSES TINNITUS?

- Damage to the microscopic endings of the hearing nerve in the inner ear (advanced aging is generally accompanied by a certain amount of hearing nerve impairment)
- Menière's syndrome
- Impacted cerumen (wax)
- Repeated exposure to loud noises, such as firearms and highly intense music
- Medications (for example, aspirin please refer to your physician before stopping any medications)
- Fluid, infection or disease of the middle ear bones or ear drum (tympanic membrane)



What is Tinnitus Retraining Therapy (TRT)?

TRT treatment consists of two components, both based on the neurophysiological model: Retraining Counseling and Sound Therapy.

TRT uses counseling to explain to the patient how a combination of tinnitus retraining and sound enrichment can end their negative reaction to the tinnitus sound, and then reduce and eventually end their perception of it. Noise generators are used in TRT to provide stimulus to the ear which helps reduce the symptoms of tinnitus. The TRT offers hope to sufferers who are willing to take the time and the effort to learn and implement it.

TINNITUS PREVENTION TIPS

- Do not use cotton swabs. Causes cerumen (wax) to be impacted against ear drum
- Protect your hearing at work
- If around loud noise (concerts, sporting events, hunting) wear ear plugs or muffs
- Decrease volume when wearing headphones
- Everyday noises (blow dryers and lawnmowers) avoid too much exposure
- Exercise regularly and maintain a healthy weight
- Avoid silence

CONTACT US TODAY

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