

Soundbite Script - Wait until you hear about tinnitus

Dr. Chris Workman, Audiologist, OSF HealthCare

“Anywhere between 10 to 20% of the population may have tinnitus at one time or another. Estimates of 50 million people in the country which is quite significant. For most of those people, it's not something that's significantly disabling. However, there is a percentage of population where it can cause significant issues.” (:21)

Dr. Chris Workman, Audiologist, OSF HealthCare

“Most of the time, we see it happen in both ears because it's gradual due to aging, noise exposure or some other health issues. Sometimes hypertension, cardiovascular health can play a role. So it may come on slowly and gradually and usually both ears. If it's one ear, I would definitely suggest having it checked out.” (:22)

Dr. Chris Workman, Audiologist, OSF HealthCare

“Some patients who have normal hearing may not need a hearing aid, so we might use that device as a tinnitus masker where it has different noises, whether it's a white noise or ocean-like noise, something else to focus on. We have fit patients with no hearing loss with a mild-gain hearing aid as a means to kind of drown it out. Sometimes just a little amplification is helpful to help the brain focus on the external noises around them.” (:32)

Dr. Chris Workman, Audiologist, OSF HealthCare

“Part of the key in minimizing the annoyance is reducing anxiety, educating them on the possible causes, and the fact that over time it may reduce the level of intensity. It may not be a cure, but exercise and those types of things can help reduce overall stress levels, which will help minimize the annoyance of the ringing. It also may help them get better sleep, which in turn will help lead to less stress.” (:31)