



ReSound GN

# ReSound Tinnitus Management

A personal guide to tinnitus management



# Managing your tinnitus

This guide is designed to provide valuable information to those suffering from tinnitus. It will help you better understand tinnitus and the treatment options available, so you can find relief from your tinnitus. If you have any questions, please contact a hearing care professional who is qualified in tinnitus treatment.

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# What is tinnitus?

Tinnitus is a problem that approximately 10-15% of the population experiences on a regular basis. About a quarter of these suffer severely enough to seek medical attention. These numbers are likely to increase since tinnitus affects about 1/3 of the population over age 65, and in industrial countries, noise pollutants and life span are increasing.

There are many different types of tinnitus. Tinnitus can vary in the way it sounds, its severity, as well as its annoyance. It is most commonly referred to as “ringing in the brain”. Individuals have reported anything from intermittent episodes that are not very bothersome to a constant noise that can negatively influence people’s daily life. Tinnitus takes many different forms; for example, ringing or chirping, whooshing or clicking sounds. It can occur a few times a

month or many times a day. It can last for a few moments or several hours, or it can be constant without relief - even while people sleep. For some, tinnitus has a pulsating or repetitive pattern.

Tinnitus is generally accepted to have three defining characteristics.

- Tinnitus is a perception of sound and therefore it must be audible to the client.
- Tinnitus is involuntary and cannot be produced intentionally.
- Tinnitus must originate inside the head.

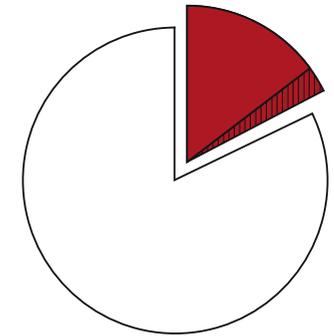
## YOU ARE NOT ALONE

Tinnitus is experienced by most people at some point in their lives, even those with normal hearing.

It can be a by-product of loud noise exposure, such as a rock

concert or a night out at a club, disappearing after a few hours or the morning after. It can also happen spontaneously without any reason, and then disappear as suddenly as it began. Many professionals believe this is just a function of the normal hearing system.

However, when tinnitus starts to negatively affect one’s life and impact day-to-day activities, it is necessary to seek medical attention.



**10-15% of the population report experiencing tinnitus.**



**3% suffer from tinnitus to a degree severe enough to seek medical attention.**

Tunkel DE, Bauer CA, Sun GH, Rosenfeld RM, Chandrasekhar SS, Cunningham Jr ER, Archer SM, Blakley BW, Carter JM, Granieri EC, Henry JA. Clinical practice guideline: tinnitus. Otolaryngology–Head and Neck Surgery. 2014 Oct;151(2\_suppl):S1-40.

# What causes tinnitus?

There are many neurophysiological theories on the causes of tinnitus and site of origin. No theory has been definitively proven, but some have been studied more than others. The intention of this handbook is not to review all the theories and models, but rather to discuss one of the more generally accepted models of the origin of tinnitus. We have listed many good references and websites at the back of the this guide that discuss them in detail.

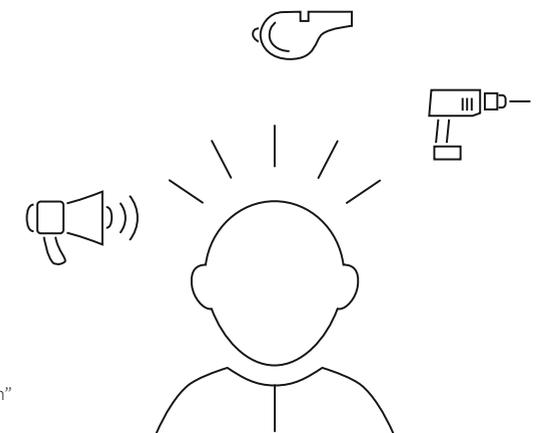
In addition to the neurophysiological factors, there can also be psychological influences that play a role in the perception of tinnitus. It is important to consider both of these aspects when trying to find relief from your tinnitus.

## ONE MODEL OF TINNITUS GENERATION

A well-accepted theory on tinnitus generation is that of spontaneous activity in the hearing system. This activity can even take place in the absence of sound being heard. Some experts believe that damage to hair cells in the cochlea (inner ear) can cause tinnitus.

The cochlea consists of two types of hair cells: Outer hair cells and inner hair cells. Hair cells are responsible for helping us hear and then transmitting what we hear to the brain to be processed into meaning. Inner hair cells, rather than outer hair cells, are primarily responsible for sending what we hear to the brain, although outer hair cells do play a role in this process. Because of their location, outer hair cells are more exposed and are often damaged before inner hair cells.

When the outer hair cells are damaged, they are unable to carry out their normal function. Part of their responsibility is to prevent the inner hair cells from sending sound signals to the brain when there is no sound to be heard. As a result, inner hair cells can spontaneously transmit signals to the brain that are amplified, or made louder, by the hearing system. The amplified sound can result in a perceived “ringing” sensation known as tinnitus.

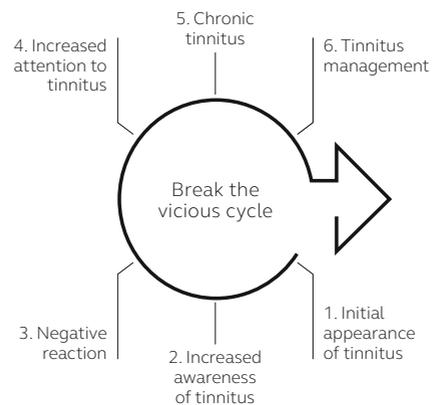


Tinnitus is often referred to as “ringing in the brain” and can vary in the way it sounds.

# The vicious cycle

## THE VICIOUS CYCLE

Continual tinnitus can cause anxiety and stress in many individuals. Once this negative connection is established, a cycle can begin that affects other regions of the brain, including the limbic system (which is involved in processing emotions) and the autonomic nervous system (physical/bodily reactions). This is commonly known as the vicious cycle. When tinnitus is perceived, it can prompt a number of emotions, including fear, danger, unhappiness, etc. These can in turn cause physical reactions such as anxiety and stress, thus reinforcing the tinnitus and making the cycle repeat itself.



Increased awareness of tinnitus, can lead to increased attention to tinnitus. The goal of tinnitus management is to break this vicious cycle and improve quality of life.



# What does having tinnitus mean?

Tinnitus is very real, as it is a “sound” that is heard by the person experiencing it (subjective tinnitus), regardless of whether someone else can hear it (objective tinnitus). In fact, in MRI scans, magnetic imaging shows cerebral activity associated with auditory perception.

Tinnitus should always be thought of as a symptom and not a disease – just as arm pain could be a symptom of an underlying fracture. And since tinnitus can be a sign of certain medical complications, it should never be dismissed or underestimated.

Although most cases of tinnitus are harmless and simply a by-product of a damaged hearing system, you should see a hearing care professional under any of the following circumstances:

- you have persistent tinnitus
- your tinnitus is only heard in one ear
- your tinnitus is accompanied by dizziness and/or balance problems
- tinnitus affects your day-to-day activities

# Can my tinnitus be cured?

In certain instances where the origin of tinnitus is known, for example, dietary habits and side effects of medication, proper management can help reduce and, sometimes, eliminate the tinnitus.

For most people suffering from tinnitus, there is no known cure, but there are many treatment options available to help you understand your tinnitus better and provide relief.

There are many advertisements claiming that ginkgo biloba, vitamins, herbs, etc. can provide relief or even eliminate tinnitus. It is important to note that there is little proof to

these claims, and before trying any of them you should consult a hearing care professional, who is trained and experienced in treating tinnitus clients. An experienced hearing care professional can inform you about what treatment options are available.

Because tinnitus is unique from person to person, it is important to make a treatment plan that is individualized for your personal needs and works best for you.

# Who can help me?

It is strongly recommended that you start by contacting a hearing care professional who is trained and experienced in helping people suffering from tinnitus. These professionals usually have in-depth training on different treatment options and will thoroughly discuss your tinnitus with you.

The aim of the first consultation is to better understand the history of your tinnitus and can include discussions regarding the onset, traumatic events that may have induced the tinnitus, how bothersome your tinnitus is, characteristics of the tinnitus and how the tinnitus is affecting you.

It is important that you go in depth on these issues as this will help the hearing care professional to identify the direction best suited for treating your

tinnitus. In addition to a consultation, many tinnitus experts will ask you to fill out a questionnaire in order to more clearly understand how your tinnitus is affecting you.

## HEARING TESTS

There are some audiological (hearing-related) tests that may be administered to provide more information regarding how your tinnitus sounds to you. For example, tests might shed light on the pitch of your tinnitus and how loud you perceive it. The test results can later be compared with other results during the treatment process, and help monitor the status of your tinnitus over time.



The first step in tinnitus management is to contact a hearing care professional and have your hearing checked.

## HELP FROM A NETWORK OF PROFESSIONALS

In addition to hearing care professionals, many other professionals can be of assistance. Specialists, such as Ear, Nose and Throat doctors (ENTs), Otolaryngologists or Otologists can rule out any medical complications that could cause or contribute to your tinnitus. Family doctors or General Practitioners (GPs) can assist in providing information regarding medications and a general medical history that may be useful in understanding your tinnitus better.

A psychologist and/or psychiatrist may be involved in the treatment plan as well, depending on your needs. They often help in more severe cases where the tinnitus is unbearable by providing counseling and support that may be beyond the scope of a hearing care professional.

As some studies have shown that high doses of sodium or caffeine can increase the loudness level in some cases of tinnitus, consulting a dietician may also be helpful.

And because stress can aggravate tinnitus, some tinnitus experts may refer you to massage therapists to help you to relax.

A network of professionals working together to help you find relief from your tinnitus can be very effective, as each discipline offers unique expertise and knowledge to facilitate the treatment process.

# What treatment options are available?

There are a number of treatment options available, each offering different explanations for how they can be beneficial to someone suffering from tinnitus. It is not our intention to recommend a preferred method, as different treatment plans may be more suitable for particular cases of tinnitus. It is, however, important to consider your individual needs and expectations when selecting the appropriate type of treatment plan.

One of the more well-known treatment plans is Sound Therapy, where the use of a tinnitus sound generating (TSG) device is the focal point, and simply involves the introduction of sound in connection with tinnitus treatment. In

addition to a TSG device, other sound generators, such as sound pillows, radios, TV, etc. can be used to help relieve the negative effects of tinnitus.

Lastly, with the advancements in hearing aid technology, wireless streaming devices can be incorporated to truly personalize a sound therapy plan.

## **SOUND THERAPY**

With Sound Therapy, the TSG device is set at a volume at which the tinnitus is partially covered by the sound generated by the TSG device. This helps reduce the perceived strength of the tinnitus signal by introducing background noise, making it more

difficult to separate the tinnitus from the background noise.

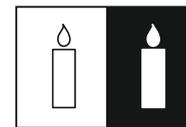
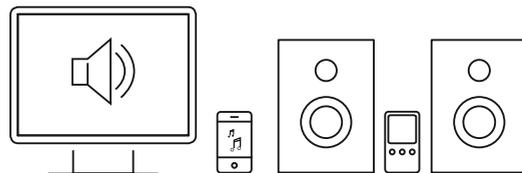
The goal being that the tinnitus signal is reduced by the noise generated from the TSG, making detection of the tinnitus by the brain more difficult. Over time, less importance and priority is placed on the tinnitus as the brain becomes habituated to it. And thus relief is achieved. Although Sound Therapy is an important component of tinnitus management, accompanying informational counseling is just as vital in achieving success.

## **TINNITUS RETRAINING THERAPY**

Another well-known treatment plan is Tinnitus Retraining Therapy (TRT). In

TRT, emphasis is placed on education, and how the brain is involved in the perception of tinnitus, as previously discussed. This can help you to better understand where tinnitus comes from, as well as to understand the reactions produced by other mechanisms in the body in response to the tinnitus. The goal of TRT is to gain knowledge and understanding of your tinnitus, and for you to have more control over your emotions and reactions to the tinnitus. Ultimately, you will place less attention on the tinnitus which, in turn, will help you cope with the tinnitus more effectively. Sound Therapy is a vital component of TRT, providing a combined solution for proper tinnitus treatment.

Sound Therapy can be introduced in many ways including TVs, radios, portable music players, fans and table-top sound generators.



The contrast between a candle in a dark room and its background environment make the candle an easily detectable focal point. The same candle in a well-lit, busy room blends into the background and is harder to detect. The aim of Sound Therapy is to teach the brain to reclassify tinnitus as an unimportant sound that blends into the background, much like a candle in a well lit room.

# What is a tinnitus sound generator (TSG)?

In addition to Sound Therapy and TRT, there is Progressive Tinnitus Management (PTM). PTM is similar to TRT regarding education, but uses a 5-step hierarchical approach that addresses the needs for different levels of tinnitus. PTM strongly emphasizes the use of sound, in combination with counseling. It also highlights how unique tinnitus can be to each person, and believes in using solutions most preferred by the client.

There are also psychological models. Although it is outside the scope of this handbook to discuss the variety of models available, a psychological approach can be used in conjunction with other types of treatment when

appropriate. New approaches to tinnitus management are surfacing all the time. It is, however, important to separate management plans that make unproven claims from those that are based on evidence-based practice.

The goal of all treatment plans is essentially the same, to break the vicious cycle, and the negativity associated with the tinnitus. As with any treatment plan, it should be understood that results take time. Some immediate relief may be achieved, but ultimately the goal is to become more comfortable with the tinnitus, realize it is not life-threatening and, most importantly, that you are in control of your responses to it.

A tinnitus sound generator (TSG) is a device, like a hearing aid, that delivers sound to the ear to help “cover up” the perceived tinnitus. TSG products come in a variety of shapes and sizes, including devices that sit over the ear, called behind-the-ear (BTE) hearing aids, as well as custom-made options that are designed to only fit the unique contours of your ear. Just as hearing aid technology has improved over the years, so has the TSG technology available today.

In addition, some newer technology allows you to modify the noise generated by the device to provide more individualized, comfortable settings for your particular needs.

Some specialized TSG products even offer a soothing “ocean wave” sound (think of waves rolling in and out)

that can be more relaxing than the traditional “white noise” generated by previous versions of TSG products. Some TSG products even have automatic functions, which further help distract your attention from your tinnitus by reducing interaction with the hearing aid, making it easier for you to get on with your daily activities without having to “fiddle” with controls on the device.

## **COMBINATION HEARING DEVICES**

Should you also have a hearing loss that needs to be treated, there are advanced options called combination devices. Combination devices offer you the unique flexibility of having a TSG and hearing aid – all in the same compact package.



# What are the benefits of combination devices?

This provides the flexibility and convenience you and the hearing care professional may be looking for, since you do not need separate devices to treat two conditions. There are different levels of technology available for combination devices, depending on what your particular needs are.

Talk to your hearing care professional about what options may be most appropriate for you.

TSG and combination devices can be very effective when used appropriately, and with the right treatment plan.

It is important to remember that TSGs and combination devices are not cures. They are tools to be used in conjunction with an individualized treatment plan and good counseling.

Combination devices come in a variety of shapes and sizes, from behind-the-ear to custom-made hearing aids.



Combination devices, like ReSound hearing aids, can help you manage your tinnitus in a variety of ways. Tinnitus and hearing loss often go hand in hand, which makes having a combination device ideal, as it can serve as a treatment option for both conditions simultaneously.

## **RESOUND'S TINNITUS SOUND GENERATOR**

ReSound hearing aids are equipped with a built-in TSG. TSG provides you with a variety of features that help in personalizing your tinnitus treatment, like the water-inspired Nature Sounds feature. With the added ability to stream sound directly from your smartphone to your ReSound hearing aids, you can further customize your treatment by accessing new sounds or music of your choice.

## **RESOUND SMART HEARING TECHNOLOGY**

ReSound hearing aids emulate the way the ear naturally processes sound, allowing for a natural, comfortable listening experience for you.

You can feel confident that you will experience the best when it comes to top-rated sound quality and wireless connectivity in a comfortable yet durable design.

# ReSound Tinnitus apps

When it comes to meeting your tinnitus treatment needs, there's no such thing as too much personalization. To further expand the tinnitus offerings available, ReSound has made two apps for your use.

## RESOUND RELIEF™ APP

The ReSound Relief app offers layered soundscapes, guided relaxation exercises, and additional activities that create a completely personalized tinnitus solution. The Relief app is a great tool for those looking to take the first step in managing their tinnitus. The ReSound Relief app can

be used with standard headphones, or streamed to a wireless speaker or compatible hearing aids.

## RESOUND SMART 3D™ APP

The ReSound Smart 3D app gives on-the-go personalization of your Tinnitus Manager settings. You can choose between multiple Nature Sounds, adjust white noise and even control more advanced frequency shaping and sound variation settings. The ReSound Smart 3D app only works with compatible ReSound hearing aids.

ReSound Relief app



ReSound Smart 3D app



For a complete listing of compatible phones, visit [www.resound.com/smartapp](http://www.resound.com/smartapp)

# Will I always have to use the TSG?

As mentioned before, tinnitus rehabilitation takes time. Remember, tinnitus itself does not cause harm, but rather it is your response to the tinnitus that can affect your life. Learning to cope with your tinnitus is a process, and should be delicately handled and treated over a period of time.

Some people find immediate relief when using a TSG, combination device, or app helping to take the edge off the tinnitus. For many others however, it takes longer.

As reviewed earlier, the goal of a TSG, combination device or app is to decrease the perceived strength of the tinnitus signal by partially “covering up” the tinnitus with the noise generated by the device. This way, the tinnitus gets filtered out at the sub-cortical level, just like unimportant daily sounds like the humming of a fridge. When tinnitus sounds get filtered out rather than escalated, it is known as habituation.

## HABITUATION TAKES TIME

Over time, it is expected that habituation to the tinnitus will occur, and subsequently you can learn to live comfortably with tinnitus. Studies have shown that for some using TSG and combination devices, it can take 6-24 months for complete habituation to take place and maximum benefit to be achieved. Some individuals may require more time for complete habituation to occur. Again, it is very important to understand what works best for you and to work with the recommended suggestions of the hearing care professional while using a particular TSG, combination device or app.

# How can I reduce my tinnitus?

For most individuals there are no quick fixes to tinnitus, but there are some lifestyle changes you can make to help you manage your tinnitus better. Here are some recommended tips that may be helpful:

## **GOOD DIETARY AND LIFESTYLE HABITS**

For some, reducing consumption of sodium and caffeine may help diminish the perceived strength of the tinnitus signal. In addition, the overall benefits of moderate exercise can help in stress reduction, general health, sleep patterns, etc.

## **KEEP BUSY**

By occupying your time with a variety of enjoyable activities and engaging in tasks that require attention, less time may be spent focusing on the tinnitus.

## **AVOID COMPLETE SILENCE**

By adding some light background noise (e.g. music, TV), the strength of the tinnitus signal will be reduced against the introduced background noise. This can also be useful during quiet times or when trying to fall asleep.

## **WEAR HEARING PROTECTION ONLY WHEN NEEDED**

Inappropriate use of hearing protection can increase the sensitivity of the hearing system, making you more aware of your tinnitus. Hearing protection should only be used when exposed to hazardous levels of noise that could damage hearing and potentially make the tinnitus worse. Hazardous levels of noise can damage and even destroy the hair cells in the inner ear. Greater damage to hair cells could intensify the tinnitus

# What defines successful tinnitus management?

Success can be defined in many ways. Because there is no known cure for tinnitus, any immediate expectation of completely eliminating tinnitus is most likely unrealistic. Therefore, you and the hearing care professional should set goals that are realistic and achievable.

To some, being able to provide any relief from tinnitus could be considered a success. Being able to perform daily activities without the stress and annoyance of tinnitus on a constant basis would be a great relief. Overall, most treatment plans agree that habituating to the tinnitus is the ultimate goal.

Habituating means that you will learn to accept and cope with your tinnitus, giving it less importance and lower priority, allowing more freedom to focus on more important matters in life.

## **MEASURING YOUR PROGRESS**

As discussed previously, there are questionnaires that can quantitatively measure the progress of tinnitus treatment.

Typically, these are given when you first visit your hearing care professional, providing baseline data on your initial reactions to your tinnitus, and these tests can be given throughout treatment to measure the progress of your treatment plan.

The most important thing to remember is to start by finding a hearing care professional that is trained and experienced in treating tinnitus patients. Together you can discuss what your treatment options are and then decide what the best plan of action is for your particular needs.

# Remain positive

Last, but not least, always try to remain positive. Severe tinnitus is extremely difficult to live with, but there are professionals out there that can help you. Together you can find a successful solution.



# Informational references

**TINNITUS PRACTITIONERS ASSOCIATION:**

[www.tinnituspractitioners.com](http://www.tinnituspractitioners.com)

**AMERICAN TINNITUS ASSOCIATION:**

[www.ata.org](http://www.ata.org)

**BRITISH TINNITUS ASSOCIATION:**

[www.tinnitus.org.uk](http://www.tinnitus.org.uk)

**NEW ZEALAND, NATIONAL FOUNDATION FOR THE DEAF, INC.:**

<https://www.nfd.org.nz/help-and-advice/hearing-conditions/tinnitus/>

**UNITED STATES NATIONAL LIBRARY OF MEDICINE NATIONAL INSTITUTES OF HEALTH:**

[www.nlm.nih.gov/medlineplus/tinnitus.html](http://www.nlm.nih.gov/medlineplus/tinnitus.html)

**TINNITUS RETRAINING THERAPY:**

[www.tinnitus.org](http://www.tinnitus.org)

**TINNITUS RESEARCH INITIATIVE:**

[www.tinnitusresearch.org](http://www.tinnitusresearch.org)

**OREGON TINNITUS AND HYPERACUSIS TREATMENT CENTER, INC.:**

[www.tinnitus-audiology.com](http://www.tinnitus-audiology.com)

**UNIVERSITY OF IOWA HEALTH CARE, TINNITUS CLINIC:**

[www.uihealthcare.org](http://www.uihealthcare.org)

**MINDFULNESS BASED TINNITUS STRESSED REDUCTION:**

[www.mindfultinnitusrelief.com](http://www.mindfultinnitusrelief.com)

**NATIONAL CENTER FOR REHABILITATIVE AUDITORY RESEARCH (NCRAR) OF VETERAN AFFAIRS (VA):**

[www.ncrar.research.va.gov](http://www.ncrar.research.va.gov)

**ACTION ON HEARING LOSS:**

[www.actiononhearingloss.co.uk/hearing-health/tinnitus](http://www.actiononhearingloss.co.uk/hearing-health/tinnitus)

**IDA INSTITUTE:**

[www.idainstitute.com/tools/manage\\_your\\_tinnitus](http://www.idainstitute.com/tools/manage_your_tinnitus)



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