

About Tinnitus [ti-nī-tās]

From the Latin word, *tinnitus* means "ringing". It is the perception of a sound for which there is no external source, generally an annoying sensation.

- 👂 *Phantom noises such as Ringing, Buzzing, Roaring, Clicking, and Hissing*
- 👂 *This phantom noise may vary in pitch from a low roar to a high squeal.*
- 👂 *In some cases, the sound can be so loud it can interfere with your ability to concentrate or hear actual sound.*
- 👂 *Tinnitus may be present all the time, or it may come and go.*

Tinnitus isn't a condition itself — it can be a symptom of an underlying condition. It can be present in one ear, both ears or in our general head area. Possible causes include;

- 👂 *a blockage of the ear canal,*
- 👂 *a virus,*
- 👂 *a head injury,*
- 👂 *reaction to some medications,*
- 👂 *exposure to loud noise.*

Tinnitus is not always associated with a hearing loss, however, it is an important factor to address if present.

Tinnitus can make you feel anxious and stressed. It can become more noticeable in the presence of outside factors such as;

- 👂 *Stressful situations,*
- 👂 *Tiredness,*
- 👂 *Depression.*

Depending on the age group, the original trigger might be different from what maintains the distress. For example, exams, insomnia, loud noise exposure or a viral infection.

A Word about earpeace™

earpeace™ is an Irish Company. Our organisation is centred on building a long-term relationship with;

- 👂 *patients - to improve their quality of life, and*
- 👂 *partners - to ensure that both technology and service delivers exemplary customer satisfaction.*

All our practitioners are highly qualified and experienced Audiologists, who provide a professional patient-focused service. We want to make diagnostic audiology services more accessible to those experiencing hearing difficulties, or just seeking advice on protecting their hearing from exposure to loud noises.

Our flexibility of service provision enables us to schedule and conduct audiology clinics to support general practice needs in Primary Care Centres, as and when required. Localisation is particularly important to us so that we can provide that long-term patient care.

We do charge a fee for our services because they are specialised services performed by responsible professionals. We strive to give you value for money.

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Your Local Clinic

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 earpeace™
Hearing with confidence



Tinnitus & You

"Never ending disturbance"


"I feel like I have no control"

"No rest from the noise"

"I'm not getting any sleep"

Just some of the frustrations expressed by patients with Tinnitus when they present at our Tinnitus Assessment Clinics.

If your quality of life is impacted by Tinnitus or someone you know expresses these feelings, make the call today to arrange an appointment with our professionally qualified Audiologist who specialises in Tinnitus Management.

 **(091) 442 664**

A Tinnitus Care Plan for You

Isn't it difficult to explain to those around you just how annoying this persistent noise is in your ears? There is also the frustration and disappointment for you in understanding or in coming to terms with this intrusion on your quality of life.

You may even have been told that there is nothing that can be done? Have you encountered opportunists who target those who may be vulnerable, advertising their latest Tinnitus 'cure' only to realise, at great expense, it doesn't work for you?

Currently, there is no one remedy that works for everybody who experiences tinnitus, no matter what you see advertised. Your experience of tinnitus is totally unique to you and therefore, your tinnitus care plan will also be unique to you.



Your reaction to tinnitus has a big influence on your psychological and physical well-being. Associated negative emotions of frustration and 'anxiety' with tinnitus feed in to each other – creating a continuous loop. This can lead to a heightened awareness of tinnitus and the process deteriorates.

The understanding is that the original trigger of tinnitus might be different from what currently maintains the distress.

Assessing the severity of your tinnitus experience is crucial, as it reflects the nature and extent of the tinnitus related problems you are experiencing.

The recommended pathway for best tinnitus assessment and management outcomes, is a

Take Action & "Turn the Dial"

consultation with a qualified diagnostic Audiologist specialising in Tinnitus who will also check for two conditions that can frequently cause discomfort in hearing: *Misophonia* (a "hatred of sound" modulated by the patient's previous experience, e.g. electric hand-dryer, or vacuum cleaner); and *Hyperacusis* (an over-sensitivity when exposed to a normal sound).

At earpeace™ the diagnosis is conducted over two consultations and includes:

- 🔊 *Reviewing your relevant medical history*
- 🔊 *Performing a range of diagnostic tests to determine your tinnitus and audiological profile*
- 🔊 *Discussing all available treatment options with you providing as much choice as your clinical profile allows*
- 🔊 *Preparing a tinnitus management plan for you.*

It is important to get a thorough understanding of your symptoms and establish a baseline from which to measure the changes in your relationship with tinnitus over the duration of the treatment.

What score would you give the impact tinnitus is having on your quality of life?



Why not take action now to "turn the dial" down to improve your quality of life.

Understanding tinnitus is 99% of the challenge. Envisage life again where tinnitus does not dominate your daily thoughts.

Start to regain control over your well-being, through participative engagement in;

- 🔊 *a one-on-one tinnitus treatment plan with your Audiologist, who can tailor treatment specifically for you*
- 🔊 *our community support events to engage and learn from shared experiences.*

that will help you cope with the day-to-day emotional impact of your symptoms, and help:

- 🔊 *reduce anxiety,*
- 🔊 *improve sleep,*
- 🔊 *augment concentration,*
- 🔊 *Increase energy.*

Join Our Tinnitus Community



From the feedback we receive, great value is placed in earpeace™ hosting & facilitating community support events for people experiencing Tinnitus.

Each year we launch the next series of "Mastering your relationship with Tinnitus" events in various locations nationwide.

If you would like to attend one of these events in the future please do contact us and let us know.

The professional interventions of our experienced Audiologists, and the sharing of coping mechanisms through our community support networks are the building blocks to successfully dealing with Tinnitus.