



# Tinnitus

**Tinnitus is a sound some people hear inside their head or ears. It can be a buzzing or hissing sound and others hear it like a whooshing or humming sound.**

**Who gets tinnitus?** About 10-15% of the population experience tinnitus. Tinnitus can affect anyone at anytime and lots of people hardly notice it. For others it can be upsetting or distressing but there are ways to help manage and prevent it.

**How does tinnitus happen?** There are many different causes for tinnitus and every person's tinnitus is different. Some factors influencing tinnitus include ear wax, ear infection and hearing loss. However, many people have tinnitus with no other symptoms.

**Is there a cure?** Tinnitus is not a disease and there is not a cure but in most cases tinnitus improves or goes away as the brain tries to forget it and realises the sound has no meaning or importance. Everyone's tinnitus is different. If your child experiences these 'ear noises' please speak to a member of the hearing clinic for further advice.

**How does tinnitus affect me?** Tinnitus can sometimes cause difficulties with concentration, hearing, attention and sleep. If a child is going through a stressful period at home or at school (particularly during exam times) tinnitus can seem worse. There are coping strategies available to help with these situations.

**How can I prevent tinnitus?** It is important to avoid damaging the ears with loud sounds. Avoid listening to loud music for prolonged amounts of time. Wearing noise protection ear plugs helps protect the ears and these can be purchased through our department. If you would like more information about these please ask one of our staff.

**What else can I do?** Keep relaxed and encourage your brain to listen to more interesting sounds. In most cases tinnitus can settle down on its own but please contact our department if you are concerned.

Information for patients



Follow us on twitter  
@HRCH\_NHS\_Trust



Like us at:  
hounslowandrichmondnhs

*Providing care and services that we and our families would want to use*

