

Does my tinnitus make it harder for me to hear?

Many people have hearing problems along with tinnitus. Some people think that the tinnitus causes their hearing problems - which is not true (*hearing loss* is usually the cause of hearing problems). If you have tinnitus or hearing problems, you should have a hearing test.

Can drugs help?

It is rare for a drug to reduce the loudness of tinnitus. All drugs used for tinnitus were actually developed for other problems like: depression, anxiety, and trouble sleeping. Some of these drugs can improve your mood. A better mood can help make tinnitus less of a problem.

What should I do about my tinnitus?

Start by getting a hearing test (and hearing aids if needed). Hearing aids can help with a hearing problem by amplifying sounds. Amplifying sounds can also help with tinnitus. Most people say that they notice their tinnitus less when they are wearing hearing aids.

What if I need more help?

If you need more help, contact your hearing health care provider. Department of Defense (DoD) and Department of Veterans Affairs (VA) Audiologists are trained to help you with your tinnitus. Progressive Tinnitus Management (PTM) was developed by VA and is used by DoD and VA. PTM teaches how to use sound to cope with tinnitus.

PTM also teaches how to change your thoughts and feelings to cope with tinnitus. Your audiologist can provide you with PTM materials, and can help you learn how to use them.



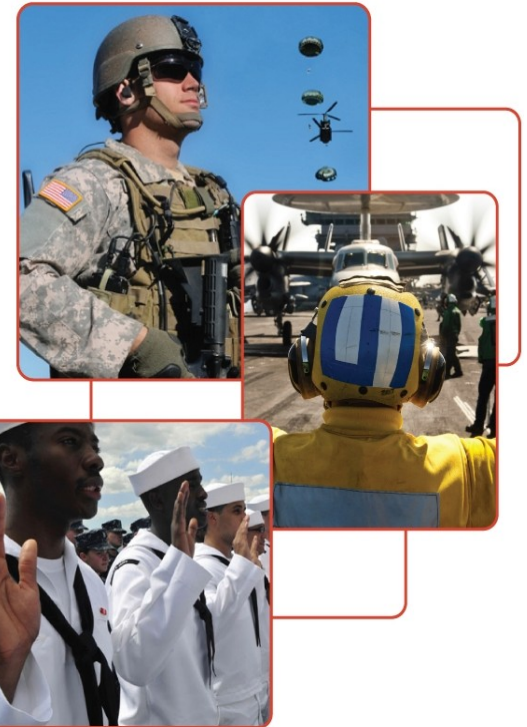
For more information:

Contact your audiologist.

Use the internet: go to hearing.health.mil/Education/Tinnitus
www.ncrar.research.va.gov/ForVets/

TINNITUS

QUESTIONS & ANSWERS



U.S. Department of Veterans Affairs
Veterans Health Administration
Office of Research & Development

