ADVANCED
HEARING & BALANCE
SPECIALISTS

Understanding TINNITUS

CAUSES, SYMPTOMS & MODERN TREATMENT OPTIONS



Your guide to understanding ringing, buzzing, and other sounds in your ears, and discovering how professional hearing healthcare can help you find relief.

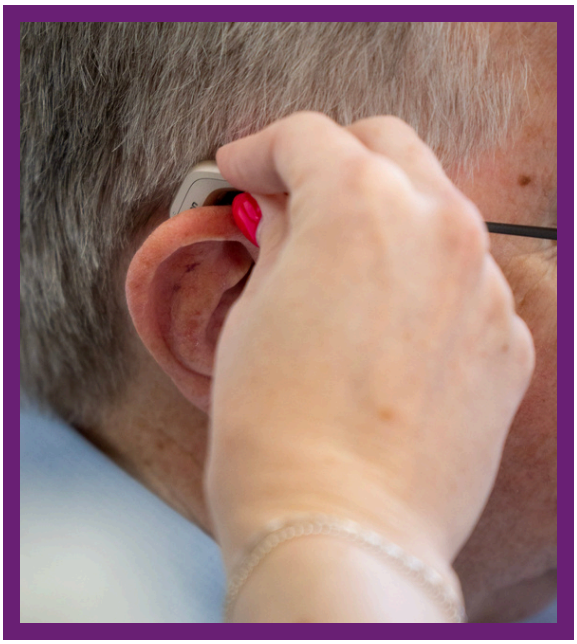
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What Your Ears May Be Trying to Tell You, and What You Can Do About It

Have you ever noticed a ringing, buzzing, hissing, or humming sound when everything around you is quiet? Maybe it's constant, or perhaps it comes and goes. For some people, it's a minor distraction. For others, it can interfere with sleep, concentration, conversations, and everyday activities.

This experience is known as tinnitus, and it's far more common than you might think.

The good news? While tinnitus can be frustrating, there are effective ways to manage its symptoms, reduce its impact, and improve your quality of life. Understanding what's happening is the first step toward finding relief.



25 million

U.S. adults had tinnitus lasting 5+ minutes in the past year.



20 million

Americans live with burdensome, long-term tinnitus.

16 million

people seek professional care for tinnitus every year.

What Exactly Is Tinnitus?

Tinnitus is the perception of sound when there is no corresponding external sound source. Although it's commonly described as ringing in the ears, tinnitus can take many forms, including buzzing, clicking, roaring, whistling, or humming. It may affect one ear or both, sound high-pitched or low-pitched, and vary in intensity throughout the day.

Tinnitus isn't a disease itself. It's a symptom that can be associated with several underlying conditions, including hearing loss, noise exposure, ear disorders, and certain medical conditions.

For some individuals, tinnitus resolves on its own. For others, it persists and requires professional evaluation and ongoing management.

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Why Does Tinnitus Happen?

One of the most important things to understand about tinnitus is that there isn't a single cause. In many cases, multiple factors contribute to the sounds you're experiencing.

Hearing Loss: One of the strongest associations with tinnitus is hearing loss. When the auditory system receives less sound information, changes in how the brain processes sound may contribute to the perception of ringing or buzzing.

Exposure to Loud Noise: Concerts, power tools, firearms, machinery, and even prolonged listening through headphones at excessive volumes can damage delicate structures in the inner ear. Tinnitus may appear immediately after noise exposure or develop over time.

Earwax Buildup or Ear Conditions: Excessive earwax, infections, and certain middle-ear problems can sometimes contribute to tinnitus symptoms.

Medications: Certain medications may trigger or worsen tinnitus, particularly at higher doses. Never stop taking prescribed medication without consulting your healthcare provider.

Jaw and Neck Conditions: Temporomandibular joint (TMJ) disorders and certain neck-related problems can influence tinnitus in some individuals.

Stress and Sleep Difficulties: Stress doesn't necessarily cause tinnitus, but it can make the sound more noticeable or distressing. Poor sleep and increased anxiety may create a cycle in which tinnitus becomes increasingly difficult to ignore.

Because the causes vary, identifying contributing factors is an essential part of developing an effective management plan.



Don't Wait: Some tinnitus needs prompt attention

Tinnitus that pulses in time with your heartbeat, shows up suddenly in only one ear, or comes with sudden hearing loss or dizziness should be checked right away. Call us the same day.

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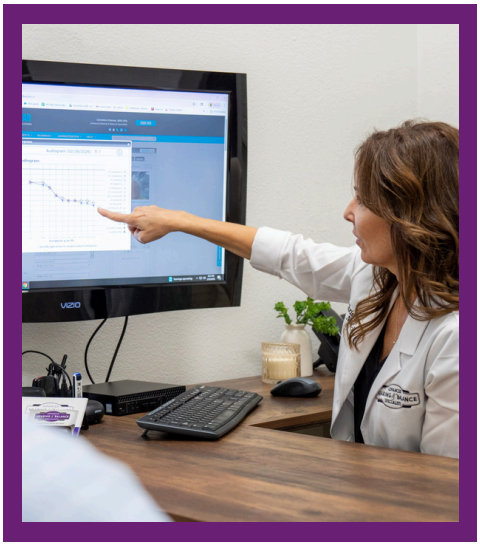
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Can Tinnitus Be Treated?



Yes! Although there isn't a universal cure for tinnitus, several evidence-based approaches can help reduce its impact.

The approach depends on your hearing health, medical history, tinnitus traits, and how significantly symptoms affect your life.

Comprehensive Hearing and Tinnitus Evaluation

A professional evaluation can help identify hearing loss and other auditory factors that may contribute to tinnitus. At Advanced Hearing & Balance Specialists, a comprehensive assessment can help determine the appropriate next steps, including whether additional medical evaluation is necessary.

Hearing Aids and Sound Therapy

For individuals experiencing both tinnitus and hearing loss, properly fitted hearing aids may provide meaningful benefits. By improving access to everyday sounds, hearing aids can make tinnitus less noticeable while also improving speech understanding and communication. Some modern hearing aids also include sound therapy features designed to provide additional relief.

Addressing Underlying Conditions

When tinnitus is associated with an identifiable medical or ear-related condition, addressing that condition may help improve symptoms. This is another reason why professional evaluation is important rather than relying solely on online remedies or over-the-counter products promising a cure.



67%

of adults with tinnitus experienced meaningful improvement with hearing aids

30%

perceived less tinnitus loudness while wearing hearing aids.



Don't Wait: Tinnitus Relief Starts with the Right Treatment

Addressing tinnitus early can help identify underlying causes, manage symptoms, and prevent ongoing ringing or buzzing from disrupting sleep, concentration, and daily life.

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Don't Let Tinnitus Control the Volume of Your Life

Living with persistent ringing or buzzing can be exhausting, especially when it affects your ability to relax, concentrate, or enjoy everyday moments.

But tinnitus doesn't have to dictate how you experience the world around you.

At Advanced Hearing & Balance Specialists, our experienced hearing healthcare professionals understand how challenging tinnitus can be. We take the time to listen to your concerns, evaluate your hearing health, and help you explore appropriate options for managing your symptoms.

Whether your tinnitus is a recent development or something you've experienced for years, understanding the cause and available treatment strategies can make a meaningful difference.

Ready to Take Back Your Peace of Mind?

Schedule a comprehensive hearing and tinnitus evaluation with Advanced Hearing & Balance Specialists today.

Our welcoming team is here to help you take the next step toward better hearing, greater comfort, and improved quality of life.

ADVANCED HEARING & BALANCE SPECIALISTS





Our Doctors of Audiology have cared for Southern Utah and Nevada for more than 40 years. Book your tinnitus evaluation this week and get real answers.

No referral needed.

Call Us Today at **435-466-5285**

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