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**MAY IS BETTER HEARING MONTH:
Tinnitus Treatment Solutions Aims to Curb Noise-Induced
Hearing Loss and Ringing in Ears**

Campbell, Calif., May 26, 2016 — Did you know that exposure to loud noise can cause ringing in the ears (tinnitus), as well as permanent hearing loss?

According to the National Institute on Deafness and Other Communication Disorders (NIDCD), roughly 10 percent of the U.S. adult population, or about 25 million Americans, has experienced tinnitus lasting at least five minutes in the past year. Tinnitus may sound like a humming, buzzing, high pitched tone, or other sound in either one or both ears. Approximately 15 percent of Americans (26 million people) between the ages of 20 and 69 have high frequency hearing loss due to exposure to noise at work or during leisure activities. While tinnitus and hearing loss are separate conditions, they are related. Many people have both conditions simultaneously.

This May, Better Hearing Month, audiologists at [Tinnitus Treatment Solutions](#) (TTS) are encouraging people to protect their hearing by:

- Wearing hearing protection when around sounds louder than 85dB for a long period of time;
- Turning down the volume when listening to the radio, the TV, MP3 player, or anything through ear buds and headphones; and
- Walking away from loud noise.

“Noise-induced hearing loss is caused by damage to the hair cells that are found in our inner ear. Hair cells are small sensory cells that convert the sounds we hear into electrical signals that travel to the brain. Once damaged our hair cells cannot grow back, causing permanent hearing loss,” explains TTS audiologist Dr. Nicole King. “While not all tinnitus is caused by exposure to noise, we find that many of our tinnitus patients also suffer from some degree of hearing loss. We help patients to manage both conditions.”

The loudness of sound is measured in units called decibels (dB). Either brief exposure to a very intense sound (such as a gunshot or blast), or prolonged exposure to any loud noise over 85 (dB), (such as concerts, lawnmowers, fireworks, car stereos at full volume) can lead to tinnitus and/or hearing loss. The effects of this damage may be cumulative.

Noise is considered dangerous if you have to shout over background noise to be heard, it is painful to your ears, it makes your ears ring during and after exposure, or if you have decreased or “muffled” hearing for several hours after exposure. Tinnitus can cause stress, anxiety, and difficulty concentrating or sleeping. Hearing impairment not only affects the ability to understand speech but it also has a negative impact on one’s social and emotional well-being.

If you suspect you have tinnitus or hearing loss, contact us today to [make an appointment](#) for an evaluation and to learn about treatment options at (855) 984-6648. Service is available nationwide.

About Tinnitus Treatment Solutions

Tinnitus Treatment Solutions (TTS) is an independent professional organization comprised of audiologists specializing in tinnitus counseling and education services. TTS facilitates screening and treatment of tinnitus patients and offers superior patient-centered care using a sound therapy-based approach delivered via modern tele-audiology tools. For more information, visit www.ttsrelief.com.

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