

Tinnitus (pronounced ti-ni-tis), or ringing in the ears, is the sensation of hearing ringing, buzzing, hissing, chirping, whistling, or other sounds. The noise can be intermittent or continuous, and can vary in loudness. It is often worse when background noise is low, so you may be most aware of it at night when you're trying to fall asleep in a quiet room. In rare cases, the sound beats in sync with your heart (pulsatile tinnitus). Tinnitus can occur without a hearing loss present but more frequently it's a condition linked to sensorineural hearing loss.

**What can I do to help with Tinnitus?**

1. If you have a hearing loss, hearing aids can significantly reduce or eliminate tinnitus while you are wearing them. Research suggests that when hearing loss creates certain frequency areas where sound is not heard, the brain will create sound in the form of tinnitus. Additionally, some hearing aid models actually have a setting used specifically for treating tinnitus in addition to the normal setting.
2. Sometimes tinnitus can be aggravated by stress or certain medications. Stimulants such as nicotine, salt or caffeine can also do this. In all of these cases, tinnitus can be managed by reducing stress and reducing or eliminating certain medications or dietary stimulants.
3. Tinnitus maskers are devices that are worn like hearing aids. They make a constant low level white noise that is supposed to be matched to the exact frequency or pitch where the tinnitus is occurring.
4. TRT (tinnitus retraining therapy) – Most of us experience tinnitus at some point for brief periods of time, even when we have normal hearing. Tinnitus that is the most bothersome is tinnitus that is present most of the time and interferes with our ability to work, sleep or have normal relationships. In reality, it's the unconscious response of our limbic system that causes some individuals to be more bothered than others. By training our brains not to respond in a negative way to tinnitus, we can allow ourselves to be less bothered by tinnitus. This is the basis of TRT.

**Local Resources**

We are fortunate to have two great tinnitus clinics in the DFW area. These clinics have a multidisciplinary team on hand to assist you in treating and managing your tinnitus. Sometimes they may require a referral or a special form to be completed by us. You can expect that there will be a waiting period of a few to several weeks.

- **Callier Center for Communication Disorders – The University of Texas at Dallas**  
Dallas: 1966 Inwood Rd, Dallas, TX 75235 – (214)905-3000  
Richardson: 811 Synergy Park Blvd, Richardson, TX 75080 – (972)883-3630
- **UNT Speech and Hearing Center**  
907 Sycamore St, Denton, TX 76201 – (940)565-2262 or 866-650-2472 and request an appointment with the Tinnitus Clinic or email:

[TinnitusAppointments@ent.edu](mailto:TinnitusAppointments@ent.edu)

4000 Medical Pkwy  
Greenville, TX 75401  
P 903.454.6481  
F 903.454.6486  
Metro 903.450.4200

3000 Horizon Rd  
Rockwall, TX 75087  
P 972.772.4200  
F 972.772.4207