

# Tinnitus: The Otolaryngologist's Guide to Diagnosis and Management

## What is Tinnitus?

Tinnitus is a common condition that can affect people of all ages. It is characterized by the perception of a sound in the ear that is not produced by an external source. The sound can be a ringing, buzzing, hissing, or clicking. In some cases, it can also be a more complex sound, such as music or voices.

Tinnitus can be a temporary or chronic condition. Temporary tinnitus is often caused by exposure to loud noise or by an ear infection. Chronic tinnitus is tinnitus that lasts for more than six months.



## Tinnitus An Issue of Otolaryngologic Clinics of North America (The Clinics: Surgery) by Dennis R. Harrison

★★★★★ 5 out of 5

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Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 248 pages



## What Causes Tinnitus?

The exact cause of tinnitus is not known. However, there are a number of factors that can contribute to its development, including:

\* Exposure to loud noise \* Ear infections \* Meniere's disease \* Otosclerosis  
\* Acoustic neuromas \* Thyroid problems \* Anemia \* Diabetes \* High blood pressure \* Certain medications

In many cases, tinnitus is a symptom of another underlying medical condition. Therefore, it is important to see a doctor to rule out any underlying medical causes.

### **How is Tinnitus Diagnosed?**

The diagnosis of tinnitus is based on a patient's history and a physical examination. The doctor will ask about the patient's symptoms, including the type of sound they are hearing, how long they have been experiencing it, and whether it is accompanied by any other symptoms.

The doctor will also perform a physical examination to look for any abnormalities in the ear, nose, or throat. The doctor may also Free Download some tests, such as a hearing test or an MRI scan, to rule out any underlying medical conditions.

### **How is Tinnitus Treated?**

There is no cure for tinnitus. However, there are a number of treatments that can help to reduce the symptoms. These treatments include:

\* Sound therapy \* Cognitive-behavioral therapy \* Tinnitus retraining therapy  
\* Medication

The best treatment for tinnitus will depend on the individual patient and the severity of their symptoms.

Tinnitus is a common condition that can have a significant impact on a person's quality of life. Although there is no cure for tinnitus, there are a number of treatments that can help to reduce the symptoms. If you are experiencing tinnitus, it is important to see a doctor to rule out any underlying medical conditions and to discuss treatment options.

This book is an essential resource for otolaryngologists who want to provide the best possible care for their patients with tinnitus.



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