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**Doctor, my
ears are
ringing!**

**What can I
do?**

Contents

- What is tinnitus?
- What causes tinnitus?
- Why do I have tinnitus?
- Can I prevent it from getting worse?
- What should I do?
- What are my treatment options?

What is Tinnitus?

Tinnitus is the word for noises in your head. It is pronounced either

TIN-eh-tus

Or

ti-NI-tus

- **A sound no one else can hear but you**
- **A symptom**
- **A worry**
- **Common**

Tinnitus can also be:

Misunderstood...

Many people are told nothing can be done to help them with their tinnitus.

This is not true!

- **Continuous or variable**
- **LOUD!**
- **Intrusive**

What Causes Tinnitus?

Tinnitus is not a *disease*. Tinnitus is a ***symptom*** of a problem that affects the hearing system.

Why do I have Tinnitus?

Although we often say we have tinnitus in our ears, it really comes from networks of brain cells (what scientists call *neural circuits*) which make sense of the sounds our ears hear. Another way to think about tinnitus is that it often begins in the ear, but it continues in the brain.



Why do I have Tinnitus?

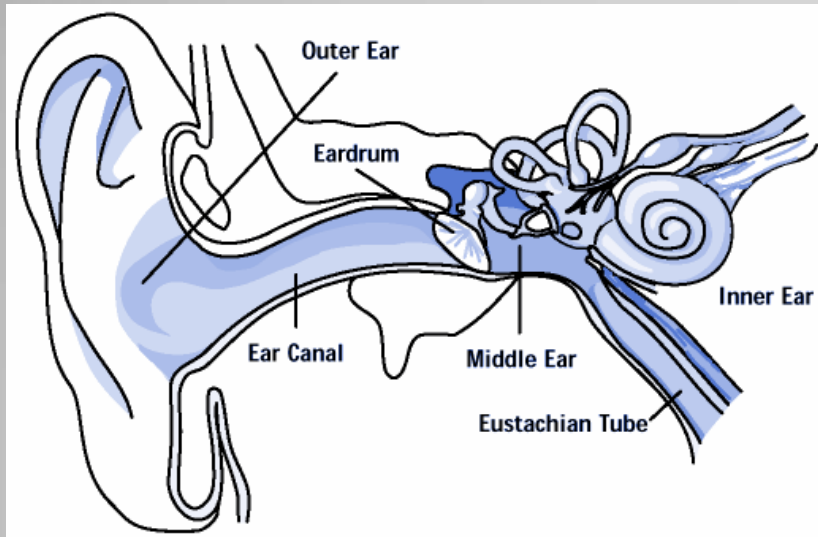
*Many times,
tinnitus may be
an early sign of
hearing loss.*

This excellent question is almost impossible to answer without a thorough review of:

- your general health
- the medications you take
- your current hearing status
- your hearing health history

You will also need a comprehensive evaluation of your hearing and of your tinnitus.

Can I keep my tinnitus from getting worse?




It is possible that your tinnitus can get worse. It may become louder, or more unpleasant to you. If you suffer from tinnitus, the best thing you can do for yourself is to have a comprehensive evaluation by a doctor of audiology.

Many people are told by medical professionals that nothing can be done for their tinnitus. This is absolutely not true. We can help you at the Lafayette Hearing Center.

What should I do?

- Tell your family physician you have tinnitus and ask him or her to review your general health and medications with you.
- Know that help is available!
- Have a comprehensive evaluation of your hearing and tinnitus by a doctor of audiology
- Protect your hearing! Use earplugs or muffs to keep loud sounds from damaging your hearing. Discuss custom hearing protection with us.

Do not give up!



If you are bothered by tinnitus, take a step towards better health by calling the Lafayette Hearing Center at 448-6226 to schedule a comprehensive evaluation today with Dr. Susan Lopez. We accept most insurance plans.

What are my options for treatment?

At the Lafayette Hearing Center, our doctors will:

- Give you a comprehensive evaluation
- Evaluate your tinnitus in depth with a variety of tests
- Design your individual treatment plan based on the most current research in tinnitus

We have many treatment options. Every treatment is customized for each individual patient's needs.

I'm ready to
get started...
what do I do
next?

Call us today at
448-6226
for an appointment for
an evaluation with
Dr. Susan Lopez

Office hours:

M, T, W, and Fri

8:30am to 4:30pm

Thursdays: **8:30am to noon**

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