

What Causes Tinnitus?

What is Tinnitus?



A sensation of noise or "ringing" in the ears.



Affects 15 - 20% of people (1 in 6)



Key Point: Tinnitus is a symptom, not a condition itself

Types of Tinnitus?



Subjective

Most common. Only you can hear it. Often caused by problems in the inner ear or auditory nerves.



Objective Tinnitus

Less common. A doctor can hear it. Caused by vascular issues or muscle contractions.

Tinnitus Symptoms

Hearing phantom noises when no external sound is present.



Ringling



Clicking



Hissing



Humming



Roaring/
Whooshing



Buzzing

Common Causes



Inner Ear Cell Damage



Age-Related Hearing Loss



Loud Noise Exposure



Earwax Blockage



Middle Ear Bone Changes

What To Do About Your Tinnitus

See an Audiologist!

Schedule an appointment
with Tinnitus & Hearing
Center of Arizona

480-831-6159

tinnitusaz.com

Available Treatments



Lenire Tinnitus
Treatment



Tinnitus Retraining
Therapy (TRT)



The Rohe Method®,
including Cognitive
Behavioral Therapy (CBT)



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