**TINNITUS**

"TIN-A-TUS" or "TIN-EYE-TUS"

EITHER WAY — IT IS ANNOYING

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**WHAT IS TINNITUS?**

Tinnitus is the perception of sound, or "ringing," in one or both ears when no other sound is present. It can be intermittent or constant—with single or multiple tones—and its perceived volume can range from subtle to shattering.

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**IS TINNITUS A COMMON PROBLEM?**

2.6 BILLION AFFECTED WORLDWIDE

Self-reported tinnitus in people of all ages indicates that tinnitus affects up to ⅓ of the general population.

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**WHAT DOES TINNITUS SOUND LIKE?**

beeping buzzing ringing blowing pulsing clicking whooshing chirping rasching humming cracking crickets

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**HOW CAN TINNITUS MAKE YOU FEEL?**

INDIVIDUALS EXPERIENCING SYMPTOMS OF TINNITUS REPORT FEELING:

- Withdrawn
- Helpless
- Scared
- Sad
- Unfocused
- Stressed
- Irritable
- Angry
- Tense
- Depressed
- Nervous
- Anxious
- Fatigued

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**IS TINNITUS RELATED TO AGE?**

![Age vs. Prevalence of Chronic Tinnitus](chart)

Prevalence of chronic tinnitus by age and sex is shown. The prevalence increases with age.

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**HOW CAN YOU PREVENT TINNITUS?**

You can be exposed to damaging noise, a leading cause of tinnitus, from many sources in day-to-day or recreational activities, such as:

- Long flights
- Factories
- Loud music
- Firearms

Avoid loud noise whenever possible—if you must shout to be heard, then you should avoid the situation.

You can also:

- Wear hearing protection.
- Turn down the volume.
- Take breaks from loud noises.

Use earplugs and earmuffs when noise exposure is particularly high. Keep personal listening devices set to no more than half volume. Move away from loud sounds if you don’t have hearing protection.

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**WHAT CAN YOU DO IF YOU HAVE TINNITUS?**

Your hearing should be tested by an audiologist certified by ASHA to see if hearing loss is present. Since tinnitus can be associated with a number of hearing-related conditions, the hearing (audiologic) evaluation can help provide information about the cause and treatment options for you.

For more information, scan the QR code or visit: www.asha.org/public/hearing/Tinnitus/