

## Tinnitus, a sound that only you can hear

One form of tinnitus is the perception of sound which cannot be attributed to external causes.

Although tinnitus is usually perceived as the core problem, it is in fact a symptom or effect. The causes normally lie in the nervous system, and even today they are difficult to diagnose definitively. Hearing loss is the most common accompaniment or trigger associated with tinnitus.

Yet even if the causes of tinnitus are benign, its distressing effect can make it a real problem.



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Tinnitus

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## What is tinnitus?

Tinnitus or ringing in the ears (from the Latin, tinnire = to ring) is a very widespread phenomenon. One-fifth of the world's population has experienced it, and in western industrial countries an average of 15% of people suffer from chronic tinnitus and the health problems associated with it. Tinnitus is a perception of sound on one or both sides, over and above the external sound acting on the ear.

The nature of the sound can vary greatly. It is described variously as a buzzing or whistling noise, a whooshing, hissing, clicking or tapping. We now have an effective method which helps to relieve the symptoms and brings a lasting improvement to the quality of life of sufferers.

## What do TRT systems do?

Hearing systems with sound generators are used in association with the widely accepted tinnitus retraining therapy (TRT). Its goal is to habituate the sufferer to the tinnitus over time so that it is no longer perceived as a problem.

The therapy works by diverting attention from the irritating noise in the ear and making it easier to focus on "external" sounds instead. Tinnitus devices create this acoustic diversion with relaxing noise based on natural sounds of the forest or sea.

## audifon solutions for tinnitus therapy

As part of the therapy, relaxing noise from a TRT system stimulates the hearing and acts as a distraction – especially in quiet situations when tinnitus is often perceived in the absence of a diversion.

The sound is not intended to drown out the tinnitus noise, which should remain audible. The aim is rather to gradually replace the emotionally negative association with a neutral, relaxed perception.

audifon has an extensive range of TRT systems which can be customised by hearing specialists for retraining therapy.

## Solutions and designs



- **Behind-The-Ear TRT systems (BTE):** These TRT systems are worn behind the ear and are connected to the ear canal via a thin tube.



- **RITE TRT – Receiver-In-The-Ear systems:** In these solutions the speaker is positioned directly in the ear using a thin cable. This achieves maximum sound quality from the smallest possible device size.



- **In-The-Ear TRT systems (ITE):** These systems are tailor-made – each product is unique. The entire tinnitus device is positioned directly in the ear canal.

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