

# RINGING in the ears

Developing tinnitus or ringing in the ears can be annoying at best. At worst, the condition can cause anxiety, depression, insomnia, and other serious medical issues. Tinnitus is often described as buzzing, ringing, hissing, humming, roaring, or whistling that someone hears. Imagine hearing something that seems to come from inside your head. More than 50 million people in the United States have the condition, according to the American Tinnitus Association.

**If you struggle with tinnitus, you may find help with these tips from Neuromonics:**

- **Be good to yourself.** Tinnitus can affect many areas of life.
- **Educate yourself.** Tinnitus has several causes and affects each person differently. The more a tinnitus sufferer understands, the greater the chances of making the tinnitus less bothersome.
- **Educate others.** Family members, friends, coworkers, and associates can benefit from understanding tinnitus and its effects. They can be more supportive if they understand the conditions that are difficult for a tinnitus sufferer.
- **Seek out support.** A few individuals who understand the daily trials of tinnitus can be invaluable. Consider a formal support group—in-person or online—to find out about coping strategies.
- **Contact the ATA's Support Network** at [www.ata.org/support](http://www.ata.org/support).
- **Obtain counseling.** For some people, a licensed therapist or counselor can help with techniques to make tinnitus symptoms less bothersome and with effects of tinnitus such as anxiety and depression.

