

Tinnitus: Six Causes, Three Steps

The six causes to rule out, what an audiologist can do about each, and when ringing in the ears means being seen quickly.

✓ **Verified against published guidance** from Cleveland Clinic, Mayo Clinic & Harvard Health · sources below

See a healthcare professional as soon as possible if tinnitus comes with sudden hearing loss, dizziness, numbness, or weakness in the face, arm or leg (Mayo Clinic). Contact your doctor if you hear your heartbeat in your ears. Cleveland Clinic says to talk to a provider if noise in your ears lasts more than a week.

✓ Do This

Book A Hearing Test First

- 8 to 9 of 10 have hearing loss
- Before you buy a device
- An audiologist can find it

COACH'S TIP Cleveland Clinic figure.

Read Every Medicine Label

- NSAIDs and some antibiotics
- Some antidepressants
- Cancer drugs and water pills

COACH'S TIP Mayo Clinic names them.

Ask About Earwax Removal

- A blockage makes it louder
- An infection does the same
- Cheapest fix on the list

COACH'S TIP Cleveland Clinic and Mayo.

Put A Sound Source By The Bed

- A fan or sound generator
- Cuts the distress at night
- Helps you fall asleep

COACH'S TIP Harvard Health advises it.

Write Down Your Triggers

- When it bothers you most
- Then change those situations
- What you had been doing

COACH'S TIP Harvard Health method.

Protect Against Loud Noise

- Concerts and power tools
- Turn the earbuds down
- Firearms and amplifiers

COACH'S TIP Cleveland Clinic list.

✗ Do Not

Do Not Buy A Device First

- Find the cause first
- See an audiologist
- Hearing aids may do both

COACH'S TIP Cleveland Clinic order.

Do Not Stop A Medicine Alone

- Noise often goes when it stops
- The dose matters too
- But ask the prescriber

COACH'S TIP Mayo Clinic on medicines.

Do Not Use Noise Canceling

- They remove background sound
- Use a fan instead
- That sound helps tinnitus

COACH'S TIP Harvard Health warns.

Do Not Blame Coffee Or Wine

- Some feel it worsens things
- Track it before you cut it
- Little evidence they cause it

COACH'S TIP Harvard Health is clear.

Do Not Ignore A Heartbeat Sound

- That is pulsatile tinnitus
- Call your doctor
- Usually blood vessel related

COACH'S TIP Mayo and Cleveland Clinic.

Do Not Assume Nothing Helps

- Treating the cause may calm it
- Dental care if it is jaw
- Sound therapy and CBT exist

COACH'S TIP Cleveland Clinic options.

THE NUMBERS BEHIND THIS SHEET

Three figures worth knowing

8 to 9 in 10 Long-term cases with hearing loss

15 to 30% Share of people affected

200+ Conditions tinnitus can signal