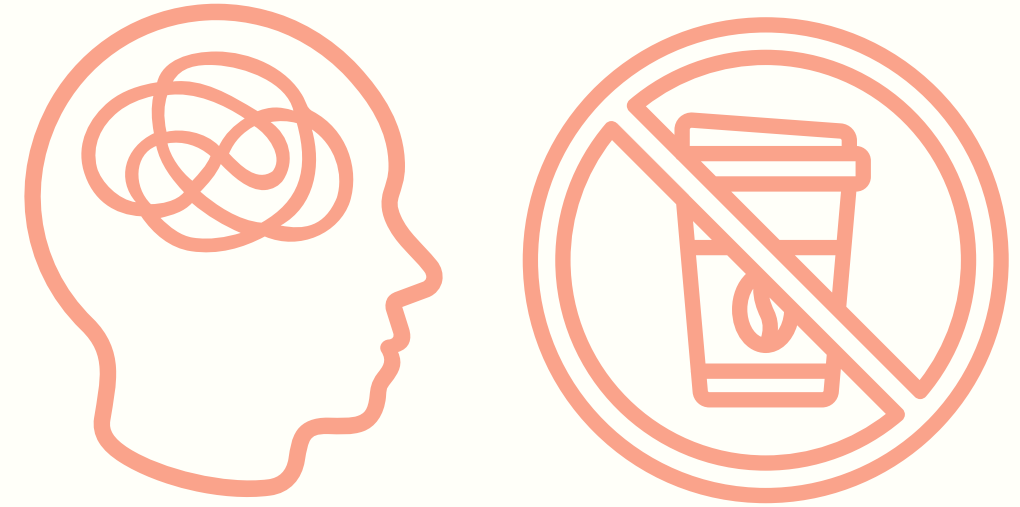


TINNITUS/EAR RINGING

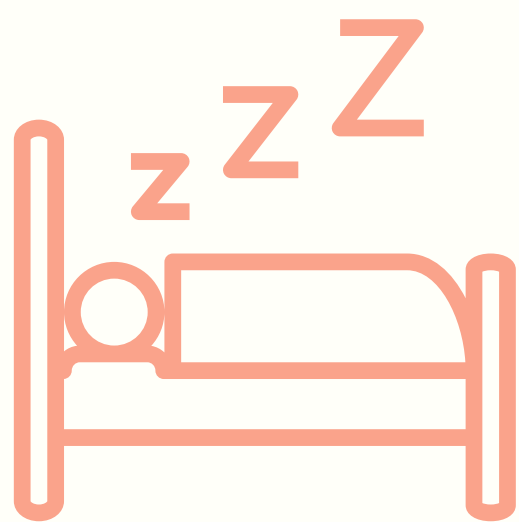
WHAT CAN YOU DO



Get a hearing test as tinnitus can be caused by hearing loss.



Decrease stress and caffeine consumption.



Consider an evaluation for obstructive sleep apnea.



Avoid loud environments and use ear protection.
Use white noise or background music to distract your brain when you notice tinnitus.



Consider imaging if the ringing lasts over 3 months, sounds like a pulse, or is one-sided.



Contact your doctor if you notice any hearing changes, pain, or other abnormalities. Tinnitus can also be a reaction to a medication.

Disclaimer: Med Ed Materials, 2023. This information is intended to supplement, not contradict, the medical advice of your practitioner. For questions or more info, contact your practitioner.



Sources:

<https://www.aafp.org/pubs/afp/issues/2021/0601/p663.html>
<https://www.entnet.org/quality-practice/quality-products/clinical-practice-guidelines/tinnitus/>