

HEARING AIDS AND TINNITUS

This leaflet has been written to help

unnoticeable and gradual process and many people are surprised when they are told that they have a hearing loss. It is quite common for people to assume incorrectly that it is their tinnitus rather than their hearing loss that is causing hearing difficulties.



Hearing aids are often prescribed by audiologists for patients who have a hearing loss with associated tinnitus. In this leaflet we will explore the evidence to suggest how hearing aids might help and explain how to get a hearing aid and what to expect from it. When used for relieving tinnitus, hearing aids may be effective when used alone, or they may be used as a part of a larger package of care.



For many people, tinnitus may be related to sound deprivation, for example hearing loss. The aim of fitting hearing aids is to correct any such hearing loss with the possibility that this may help reduce the tinnitus. Hearing aids should be worn throughout your waking hours to gain maximum benefit.



Hearing loss is a common factor underlying tinnitus, although some people with normal hearing may also experience tinnitus. Loss of hearing is often an

Some studies have looked at the effect of hearing aids on every-day life for the tinnitus patient e.g. how a hearing aid may help reduce tinnitus and improve quality of life. Other studies have more strongly suggested that for a significant number of people, hearing aids do reduce the effect of tinnitus. Bilateral hearing aids (one on each ear) have been shown to be

which people use are not designed for wax removal and can cause lasting damage to the ear. If you think you may have some wax, see a professional such as your GP.

A change in sound quality can also be caused through a build-up of wax on (or in) the aid, or from damage to the aid. If you think your hearing aid may have a fault, contact the service who supplied the aid.



It usually takes just a few weeks to adapt to hearing aids and to get re-accustomed to normal levels of sound. Once this period of adjustment is over, wearing hearing aids becomes very natural. Many people become less aware of their tinnitus once their hearing loss is addressed and they become more aware of the sounds around them.

It is recommended that once a hearing loss has been identified that a hearing test should be performed every three years.



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Our helpline staff can answer your questions on any tinnitus related topics on (). You may also find our website () helpful.



Our information leaflets are written by leading tinnitus professionals and provide accurate, reliable and authoritative information which is updated regularly.

*available in Easy Read

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