



following a really stressful event and once they're aware of it, seem to notice it more and more, but this usually fades once these things have passed. However, some people continue to notice the tinnitus, for example after an infection has cleared up.

Fortunately, tinnitus is rarely an indication of a serious disorder and a doctor will be able to check this for you.



The first person to talk to is your GP. You may need to be referred to an Ear, Nose and Throat (ENT) Surgeon or an Audiovestibular Physician, who will rule out any medical factors, assess your hearing and probably give you some information about what tinnitus is and how best to manage it. Some hospitals have hearing therapists or specially trained audiologists who are available to offer more support, if you need it.

The most important thing to do is to keep doing the things you enjoy. If you start living your life differently to accommodate the tinnitus, it's just going to seem more of a problem. You may need to do things differently, for example reading with some background music on, but it's important that you do them nonetheless.



When you first experience tinnitus, you may naturally be worried and very aware of this new sound.

We constantly monitor our bodies and if anything changes, we become aware of the changes. Hearing tinnitus for the first time can be quite frightening if you think it means that something is wrong with you, or that it might

change your life. It's a new sensation and you need to give yourself time to adapt.

Most people find that their tinnitus does seem to settle down after this initial period, even without doing anything in particular. You might hear this being referred to as a 'settling in' period.





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