

Tinnitus - Silence is not golden

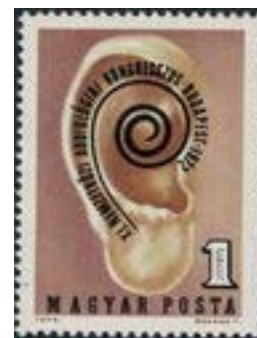
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Tinnitus is when you experience ringing or other noises in one or both of your ears. It is the perception of sound that does not have an external source, so other people cannot hear it. It affects about 15% to 20% of people, and is especially common in older adults. Tinnitus is commonly described as a ringing sound, but some people hear other types of sounds, such as roaring or buzzing.

While the exact causes of tinnitus are not fully understood, it has been linked to the following :

- Noise exposure.
- Deafness
- Medications.
- Ear infection.
- Head or neck injuries.



Things to avoid :

- Total silence..
- Exposure to loud noises.
- Common tinnitus triggers like poor sleep quality and extreme stress.



Treatment :

- Hearing tests like pure-tone audiometry, speech understanding and tympanometry if needed.
- Blood tests to check for heart disease or other health conditions.
- Imaging tests like MRI (magnetic resonance imaging) or CT (computed tomography) scans.