

Tips on Dealing with Tinnitus

- Do not panic. Tinnitus is rarely a sign of any serious ongoing pathological condition.
- Review your current medications with your physician for possible tinnitus side effects.
- Examine your lifestyle and make changes if stress is a part of your environment.
- Examine your diet and reduce possible sources of irritation, such as salt, artificial sweeteners, excess sugar, alcohol, some over-the-counter medications, tobacco and caffeine.
- Avoid loud noise. If avoidance of noise is not possible, use hearing protection devices.
- Do not draw any negative conclusions about your condition. Negative thoughts may be more damaging than the sounds themselves.
- Keep informed about tinnitus and tinnitus research. Contact the American Tinnitus Association at 800-634-8978 or www.ata.org. You will not fear tinnitus once you are properly informed.
- Discuss your tinnitus with those around you. Inform them about situations that are difficult for you or cause your tinnitus to increase.
- Be involved in your recovery. Tinnitus may not resolve on its own. Do not give up if a therapy or treatment doesn't produce immediate relief.
- In most cases, people who experience tinnitus will "habituate" to it, and after a period of adjustment, they will go on with their lives as well as before.
- Do not blame yourself for your tinnitus. The causes of tinnitus are numerous and nearly impossible to determine.
- Attend the South Jersey Tinnitus Support Group. They can help you sort out all the information and offer compassionate companionship and coping strategies. See the support group schedule below.

SCHEDULE

**Group meets six times per year (via Zoom until further notice) at 7:00 p.m.
on the first Thursday of the following months: Jan., Mar., May, July, Sept. & Nov.**

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To be added to our mailing list and receive meeting invites, email us at TSG@advancedent.com.