

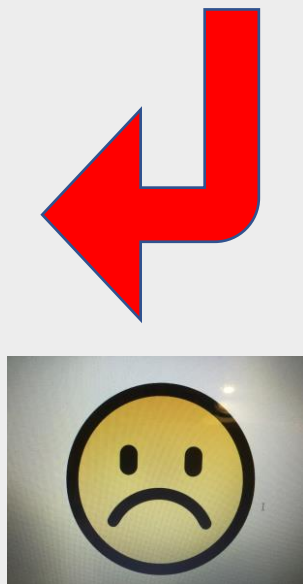
WHAT you say to TINNITUS sufferers MATTERS

During Tinnitus Awareness Week , people who suffer with tinnitus shared their feelings and experiences living with tinnitus. They told us how their first health care interaction either helped or hindered their recovery.

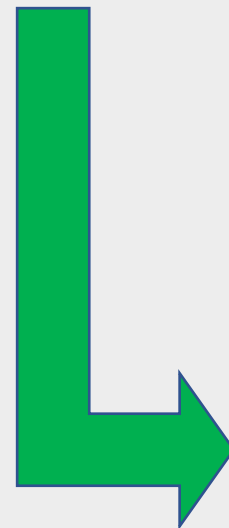
“Dear Doctor, I am worried something is seriously wrong with me. There is a noise inside my head that is getting louder and louder. Can I do anything to make it stop?”

“Dear patient, what you are hearing is called tinnitus. Lots of people hear it, there is no cure and you just have to learn to live with it. I’m sorry but there is nothing I can do for you.”

Result: vulnerable patients are left feeling stuck and desperate. The nature of the neurophysiological impact of tinnitus means that these people are likely to experience a spiralling escalation of their tinnitus, without support, and unable to navigate a course to recovery. This culminates for some in a sense of hopelessness about the future, and declining mental health.



I CAN'T



I CAN

“Dear patient, what you are hearing is called tinnitus. Lots of people hear it, and in most cases it is a benign sensory input of the auditory system. Let’s organise a thorough review of your ear health to make sure everything is physically ok, and in the meantime, I can refer you to a tinnitus specialist to help you with some strategies for managing the distress tinnitus is causing you. Let’s get you support and on the path back to ease and wellbeing.”

Result: patients feel supported, with a sense of hope, self-agency and optimism for the future.

Tinnitus sufferers told us:

My Hearing aid device helped

Freight train

Mindfulness meditation helps

Meniere's Disease

Some days are better

Jet engine noise

Dr Google

Anxious

Snake oil cures

Acupuncture and massage helped

SCAMS

I need to understand my tinnitus better

Emergency department visits

Music in my ear helps

It does go down

Hard to sleep with the noise

It helped me to be given information about what I can do

Screeching

Keeping busy helps

Where do I go for help?

Desperate

Distraction techniques help

Louder than a coffee grinder

Overwhelmed

Yoga helps

Worse when I'm stressed or tired

Going around the traps

ANNOYING!!

Rest helps

BUZZ

Wish it would turn off

Inner Ease Tinnitus Centre

166 Warwick Street West Hobart www.innereasetinnituscentre.com Tel: 0416 978543