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## What Is Tinnitus

Sometimes you may experience buzzing or whistling noise in your ears that may last for 24 hours a day. It may be constant without any break. This is not external source of noise, but rather due to muscle contractions near the ear, changes in the ear canal, or blood flow (vascular) problems.

It is not just people who suffer from tinnitus who hear this noise. We all sometime may experience tinnitus for short periods of time. For example, if we have been exposed to loud music for long periods of time, we sometimes can experience symptoms of tinnitus.

Normally, the ringing or buzzing in the ears will go away after a while. But if it continues, chances are it is tinnitus. People who suffer from this condition find it very hard to cope with, as it is awfully disturbing and uncomfortable. People over the age of 40 are more likely to experience this problem. In the younger age groups, it is quite rare. This disease is more common in men than in women.

There are two main types of tinnitus: Non-vibratory tinnitus is caused by problems in the central or peripheral nerves involved with hearing. One may experience hearing sound in one or both ears. Sometimes this type of tinnitus may seem like the sound is coming from inside the head.

Vibratory tinnitus is often caused by mechanical sounds created by muscle contractions near the ear, changes in the ear canal, or blood flow (vascular) problems involving the face or neck. It is possible that one may hear sounds such as your own pulse or the contractions of your muscles which is referred to as pulsatile tinnitus. The major cause of tinnitus may be prolonged exposure to loud noise (auditory trauma) that can damage the nerves in the inner ear. However, tinnitus can crop up with all types of hearing loss and may be a symptom of almost any ear disorder.

Even some have it has been referred as "the club disease". This is because people experience tinnitus or "ringing ears" after attending loud clubs or concerts.

The ones who suffer from this hearing problem is certainly not a result of their imagination. While most cases of tinnitus are temporary and will go away after certain period, some cases require medical attention.

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## How to Cope with Tinnitus

If you have heard of Tinnitus, chances are you cringe at the thought of developing such a problem. With constant high pitch sounds resonating throughout your ears, it is a wonder that anyone can focus on other areas of life. Surprisingly, at least half of the 35 million Americans suffering from this disease can deal with it. While it is one of the most difficult things anyone will have to face, it is possible to take control.

Tinnitus may make the person feel like they have been defeated, but there are ways to control the sound, and perhaps decrease it. **Otolaryngology's** will teach you how to take the sound and alleviate it to an extent. For instance, there are concentration exercises that focus on relaxation. By calming your ear muscles down, it can actually decrease the stress, and thus control the constant ringing that you hear. Some patients actually claim that it stops the sound all together, while others say it only helps a little. Nevertheless, it is an exercise that should be tried.

If the ringing sound is driving you crazy, doctors will suggest covering it up with another sound. White noise from a radio or a clock that ticks loudly can make you focus on other things, especially if you are in a very quiet environment. When you go to bed, there are peaceful sounds that you can try. The majorities of Tinnitus sufferers buy pillow speakers and suggest using relaxation music that is similar to yoga or relaxation techniques. Still not helping? It is imperative that you find other areas in life to focus on. Go for a walk, hang out with friends, or simply ride a bike. By doing all of these other hobbies, you will most likely be able to block out some of the noise.

It has been shown that stress actually increases the ringing in people's ears.

Therefore, it is essential to always stay stress free, or at least keep it to a minimum.

Exercising daily to alleviate anxiety, listening to soothing music, or writing may help you cope with this. It is also recommended that you avoid salty foods. By eating healthy and avoiding caffeine, alcohol, and nicotine, you could be doing your ears a huge favor.

Although Tinnitus can drive people to serious places, it is possible to enjoy life and ignore the ringing. Most people feel that support groups are actually the most helpful. For this reason, you should try and locate an organization or group that deals with this kind of issue. You will be able to hear other people's stories, and learn a lot from the techniques that they use. Nevertheless, having Tinnitus doesn't mean that your life has to end. It may bring extra hurdles that you have to overcome, but it is possible to walk a smooth path. By living stress free and surrounding yourself with amazing people, the disease does not have to win. You can still accomplish whatever you'd like, even if there is a ringing in your ears.

## Tinnitus dangers for the iPod generation

The Walkman and portable CD players are yesterday's news; the iPod generation has officially taken over. These new hip portable music players, commonly known as MP3 players, have taken the world by storm not only by changing the way people perceive their music but also in the way they hear it. With the popularization of the MP3 player, people started listening to music on the go, whilst driving, working, eating, walking, and exercising, satisfying their music desires all day long, anywhere and everywhere.

The problem resides in the fact that today's youth spend hours every day listening to loud music on their MP3 players, frequently without any intervals for long periods of time. But the question we should be asking ourselves is, can these very trendy MP3 players cause hearing damage and tinnitus? Pete Townshend, guitarist for the very popular 60's rock band "The Who" believes that his tinnitus and consequent hearing loss wasn't a direct result of their incredibly loud live performances but rather from using headphones while in the recording studio. Although the band was notoriously known for their excessively loud concerts, Pete Townshend explained that what really hurt his hearing were the many hours he spent in the recording studios and from listening to tracks for recreational purposes all through headphones.

Many believe that digital MP3 players introduced even a greater risk of tinnitus because they are more powerful and can hold substantially larger quantities of music. The old cassette Walkman's and portable CD players (Discman) were quite large when compared with a MP3 player and because they required Cassettes or CD to play music, users never used them for very long periods of time without intervals. Even the most modest MP3 player can hold hundreds of songs and because these gadgets have a powerful rechargeable battery users can listen to music nonstop for hours on end.

Many Specialists have repeatedly warned MP3 users that listening to very loud music with earphones could cause catastrophic and irreversible hearing damage. Furthermore, prolonged use, even if at reasonable moderate volume, could also represent a threat because today's modern earphones are normally introduced directly into the ear. The concern is so serious that experts have even gone as far as saying that MP3 players should be designed to prevent users from playing music above 90 decibels.

## What Causes Tinnitus?

For any tinnitus sufferer, it can be overwhelming to try and stop the ringing. When doctors tell you that there is only so much you can do, and stress becomes a major setback, life just doesn't seem fair. Often patients fear the worst and begin to feel like there is no way out for this problem. It also is extremely frustrating when you know that you can hear the overpowering sound, yet no one else around you can.

For any person who suffers from Tinnitus, it is important that you recognize how you acquired it. Many people do not learn as much as they can about the disease, because they feel like it is no use. However, it is extremely imperative that you learn as much as you can about the disease and what causes it. This may help you start coping with what you have, regardless of how frustrated you feel.

There are actually two different types of Tinnitus. **Objective Tinnitus** is when other people around you can also hear the noises. This may make patients feel a little bit better, since they know they aren't crazy. Unfortunately, this is an uncommon type of Tinnitus, and generally the majority of people do not have this kind. **Subjective Tinnitus**, on the other hand, is when an individual only experiences these isolated sounds. No one else can hear the ringing, and it becomes a difficult situation to treat. At least with Objective Tinnitus, other people can hear what you are hearing.

While there are two different kinds, both usually stem from many different sources. For many sufferers, it stemmed from a traumatic event. If you were present during loud gunshots or a massive explosion, chances are your hearing would be damaged. When nerve endings become harmed, ringing usually starts to bother the patient. Serious accidents can also be a factor for Tinnitus patients. For instance, if you were in a car accident and had tremendous head injuries, you could also end up with this ringing sensation. Unfortunately, there are hundreds of different factors and reasons why this disease occurs. It could be as simple as buildup wax. Nonetheless, it usually means that there is a more serious issue lying underneath.

Tinnitus has also been linked to Thyroid problems. If your Thyroid begins to produce too much of the substance, it will begin to bother your other organs. While your heart beat begins to increase, patients may also hear a ringing or piercing pulsating noise in their ears. For others, a B12 or Vitamin A deficiency could be the problem.

Due to the fact that Tinnitus is caused by hundreds of different factors, it can be difficult to treat. After all, how can a Doctor treat a predicament when they can't trace the cause of the disease? Senior citizens often suffer from hearing loss, while others actually have heart problems and Tinnitus is only a symptom within another disease. With all of these potential factors, it is frustrating for medical professionals and patients alike to move forward. Luckily, with medicine and technology constantly improving, better treatment will be in attendance in no time.