



HEARINGLife Locations

NEW SOUTH WALES

Clinics

Albury
Belrose
Blacktown
Bondi Junction
Bowral
Burwood
Dubbo
Hurstville
Newcastle
Northbridge
Parramatta
Wollongong

Visiting Clinics

Anna Bay
Barrack Heights
Baulkham Hills
Berowra Heights
Broken Hill
Campbelltown
Campsie
Carlingford
Castle Hill
Casula
Cessnock
Charlestown
Erina
Fairfield
Katoomba
Kiama
Long Jetty
Maitland
Maroubra
Mayfield
Merrylands
Nyngham
Parkes
Penrith
Ramsgate
Rockdale
Roselands
Ryde
Singleton
Springwood
St Leonards
Turrumurra
Warners Bay
Woy Woy

WESTERN AUSTRALIA

Clinics

East Victoria Park
Floreat
Fremantle
Parkwood

Visiting Clinics

Applecross
Belmont
Busselton
Collie
Dianella
Duneraig
Geraldton
Hillarys
Kwinana
Mandurah
Midland
Perth
Rockingham

SOUTH AUSTRALIA

Clinics

Adelaide
Christies Beach
Gawler
Marion
Modbury
Mount Gambier
Parkside
Port Lincoln
Stirling
Victor Harbor
West Lakes

Visiting Clinics

Aldinga Beach
Clare
Cleve
Cummins
Kimba
Kingscote
Marden
Millicent
Naracoorte
Port Pirie
Port Augusta
Salisbury Plains
Tumby Bay
Whyalla Norrie
Whyalla Playford
Wudinna
Yankalilla

VICTORIA

Clinics

Albury/Wodonga
Belmont
Berwick
Box Hill
Coburg
Glen Waverley
Keilor
Mentone
Mornington
Oakleigh

Visiting Clinics

Airport West
Barwon Heads
Boronia
Brighton
Cobram
Corio
Cowes
Footscray
Healesville
Inverloch
Melton
Mildura
Mooroolbark
Montmorency
Prahran
Sale
Shepparton
Sunshine
Traralgon
Wonthaggi

QUEENSLAND

Clinics

Bribie Island
Caboolture
Hervey Bay
Ipswich
Mitchelton
Palm Beach
Robina
Upper Mt. Gravatt
Taringa

Visiting Clinics

Aspley
Bald Hills
Bundaberg
Burleigh Heads
Cabarita Beach
Chermside
Highland Park
Townsville
Kilcoy
Laidley
Lowood
Maroochydore
Maryborough
Nerang
Nundah
Oxenford
Paradise Point
Redbank
Samford
Sanctuary Cove



Tinnitus:

What is that ringing in my ears?

Over 150 clinics Australia-wide
Call 1300 134 097



www.hearinglife.com.au

HEARINGLife is accredited to provide FREE hearing services and FREE digital hearing aids to eligible pensioners and veterans under the Australian Government Hearing Services Program (conditions apply).



Whilst most people experience the condition at some stage, almost one in every five Australians experiences an enduring or recurring “ringing in their ears” – known as tinnitus.

The ringing or hissing sound in one or both ears occurs even in total silence and may appear to be coming from inside the sufferer’s head. It can be a single noise or a combination of sounds. The severity and regularity also differs between sufferers.

Tinnitus is NOT a disease, it is commonly a symptom of an auditory or sensory fault in the hearing system sometimes caused by a stressful event on the ear.

The information in this leaflet identifies potential causes and methods for managing the condition.

What can cause tinnitus?

Almost anything that has the potential to affect a person’s hearing can also lead to the condition. Research has identified the following as potential causes of tinnitus:

EXTREME NOISE – the most common cause. Both long-term exposure and sudden loud noises can trigger a permanent hearing loss that results in tinnitus

HEARING LOSS – having to strain to hear can raise tinnitus levels

SOME MEDICATIONS – tinnitus can be a side-effect of common medicines such as antibiotics and arthritis pills

STRESS & FATIGUE – high stress levels and a poor night’s sleep can combine to make tinnitus worse

CAFFEINE – tea, coffee, colas and chocolate can all increase the severity of tinnitus, along with food and drinks containing quinine

SMOKING – can create tinnitus by restricting the blood flow through your ear canal and limiting the supply of oxygen

ALCOHOL – red wine and champagne are particularly well known for setting off tinnitus

Treating tinnitus

Unfortunately, research has yet to discover a cure for the condition. Furthermore, as there are varying causes of tinnitus, hearing professionals concentrate instead on “management” rather than solutions.

The rule of thumb is: “Treat the medical source of tinnitus to efficiently manage its effects”.

Will a hearing aid help?

Applying this rule of thumb – if hearing loss and tinnitus are both present, a hearing aid is likely to reduce the problem – some wearers have reported that it alleviated the condition completely!

This is further reason to support the notion that any significant hearing loss should be treated with the fitting of suitable hearing aids.

Hearing aids ease the strain and improve your overall listening ability. For this reason, a digital hearing aid can greatly alleviate tinnitus for many sufferers.

However, as hearing loss occurs gradually over time, many people may not even realise that they have a hearing loss – let alone that this is related to an increasing ‘ringing’ in their ears. That is why a full hearing test is the logical first step in addressing tinnitus.

HEARINGLife carry a wide range of hearing aid options that will effectively address hearing loss and may assist in alleviating the effects of tinnitus.

Seeking help for tinnitus?

If you have any questions or concerns about your tinnitus and how hearing aids can help, consult your hearing care professional on **1300 134 097**.

For general advice on tinnitus, contact the Australian Tinnitus Association.
www.tinnitus.asn.au

Modern hearing aids

If a hearing aid will help your tinnitus, we have some further good news.

Incredibly small hearing aids that can be worn right inside the ear and are almost invisible now incorporate truly remarkable digital technology.

Some models are so discreet that nobody but you would ever know you’re wearing them.



COMPLETELY IN THE CANAL (CIC)



OPEN EAR DEVICES

Hearing aids help many tinnitus sufferers, just as they helped Margaret.

“Having suffered from tinnitus for many years, I did not realise that my hearing had deteriorated later in life. I was, at the time, being treated by my doctor for stress and high blood pressure, which in turn affected the level of my tinnitus. I was then confronted with eye problems, which ... increased my stress levels, and thus the noise level in my ears.

My husband came home later that week and said he had made an appointment with HEARINGLife at Christies Beach to find out if they had any answers to my problem. After a number of tests, I was fitted with my hearing aids that changed everything immediately. The tinnitus was not a problem any more. I did not honestly realise I was also partly deaf, and could at last hear sounds and voices more clearly than ever before.”