What Is Tinnitus?

SUBJECTIVE VS OBJECTIVE

Subjective
- Head or ear noises that are only perceived by an individual
- Usually traced to auditory or neurological reaction to hearing loss
- 99% of all tinnitus reported cases are of this variety

Objective
- Head or ear noises that are perceived by other people, as well as the individual
- Sounds are usually produced by internal functions of the body such as blood flow or muscle movements
- Very rare, representing less than 1% of all tinnitus reported cases

TYPES OF SOUNDS
- Buzzing and/or crickets
- Hissing, whistling, and/or screeching
- Clicking
- Static
- Roaring, swooshing, and/or ocean waves
- Dial tone
- Pulsing
- Rare cases report hearing music

POTENTIAL CAUSES
- Hearing loss
- Ear infection
- Ear canal blockage
- Other medical conditions
- Traumatic brain injury

Symptoms of Tinnitus

CASCADING EFFECTS OF TINNITUS
- Depression
- Anxiety
- Difficulty sleeping
- Unable to concentrate
- Perception of near-continuous sound
- Perception of pulsing sounds
- Current science has not identified a definitive correlation from a specific etiology

Resources