

Five Common Myths

1. Tinnitus always sounds like ringing.

Although it is most commonly described as a ringing sound, it can also sound like buzzing, roaring, clicking, hissing, or humming.

2. Tinnitus is caused by poor diet.

There is no evidence that a poor diet can cause tinnitus or that vitamin supplements can effectively treat tinnitus.

3. I never listened to loud music or worked in a loud noise, so I cannot develop tinnitus.

Tinnitus can be caused by hazardous noise exposure, but this is not the only possible cause. It can also be caused by middle-ear problems, some medications, diseases of the heart or blood vessels, and hearing loss, among others.

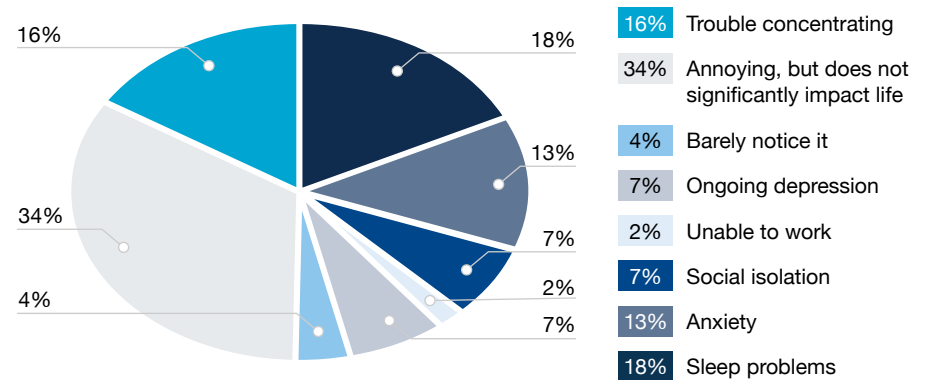
4. My partner's tinnitus is not that big of a deal.

Bothersome tinnitus can greatly impact a person's quality of life. It can have serious side effects, such as anxiety, sleep difficulties, and physical stress.

5. There is nothing you can do about tinnitus.

While there is no cure for tinnitus, there are many treatments that can help people cope with their tinnitus. Some strategies include hearing aids, sound generators, counseling, and relaxation techniques.

Tinnitus: How Does It Affect Your Daily Life?



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Myths About Tinnitus

Resources

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