



# TINNITUS

AUSTRALIA

## WHAT IS TINNITUS?

Tinnitus is the name given to a sound a person can hear, but others cannot. This is because the sound they hear is coming from within them, and not the world outside. While tinnitus sounds different to each person, common descriptions include ringing, clicking, nature sounds, such as cicadas or crickets, or even rushing water. Some hear it in their head, while others may hear it in one or both ears.

Tinnitus can come on suddenly, or creep up gradually over time. While it may seem odd, it is very common, with an estimated 10–20% of people experiencing it. In fact, one study found that 95% of people with normal hearing heard 'tinnitus' after being left in a quiet room! This led to the belief that tinnitus may be far more common than we realise, just too soft for most people to hear.

## WHAT CAUSES TINNITUS?

Why do some people hear tinnitus all the time, and others do not? For some there may be an easy explanation, such as a build-up of earwax, certain medicines, or exposure to loud sounds, but for others it can be a bit more complicated. For this reason, we advise seeing an audiologist to help you find out what is important to you.

An audiologist can help you:

- Understand the experience
- Confirm the diagnosis
- Check your hearing
- Look for a related cause
- Discuss a management plan



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1300 242 842

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[tinnitus@soundfair.org.au](mailto:tinnitus@soundfair.org.au)

## MANAGING TINNITUS

When it comes to managing tinnitus, it is important to look at the whole person. Tinnitus is a symptom of many small changes that have taken place in your body over time. For example, most people know that stress impacts their health, but did you know it can also impact your tinnitus? Or take your head and neck – your ears are surrounded by a web of muscles and ligaments, and how well they work can be related. For this reason, your audiologist may recommend management plans that treat you as a whole person, from talking to your GP about the medicines you take, seeking support from a psychologist, or even visiting your dentist to assess the health of your jaw. The goal of management is to help provide you with the support you need for the tinnitus and the impact it has on your life.

While exploring your tinnitus, friends and family can be very helpful. But it can be hard to find the words to describe something they can't hear with you. If you are experiencing tinnitus, it may help to describe it using silence. Most people never stop to think about how important silence is for them, but it is there for us whenever we sleep, rest, or relax. Having tinnitus enter that space is a big change. For that reason, people with tinnitus may have difficulties with concentration, sleep patterns and even their mental health.

If you are experiencing tinnitus for the first time, it may be helpful to know that you are not alone. Some people fear that their tinnitus will get worse forever, but that isn't true. Tinnitus is a symptom, not a disease, one that changes over time in response to many factors, including our health. Working with your audiologist you can slowly understand the things that make your tinnitus better, or worse, as you work towards management. The more we understand our tinnitus, the more we can regain control and actively work towards reducing its impact on our life.



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Tinnitus Australia, a Soundfair initiative, is Australia's first tinnitus-specific, independent and trusted hub. This initiative brings together people who are living with tinnitus, professionals, researchers, and government representatives, providing a platform to support the wellbeing of people living with the condition.

Tinnitus Australia was created to catalyse public awareness of the condition and advance knowledge of the social and emotional impacts.

It exists to support those directly impacted, and the friends, families and health professionals in support and care roles.

Tinnitus Australia has four priorities:

- Provide information and support
- Facilitate professional and referral networks
- Create national tinnitus clinician database
- Develop education resources for upskilling

I am so grateful that Soundfair is advocating for hearing equality. That sounds fair to me.

**VICTORIA DIDENKO, Tinnitus Australia Founder**

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