

Easy  
Read



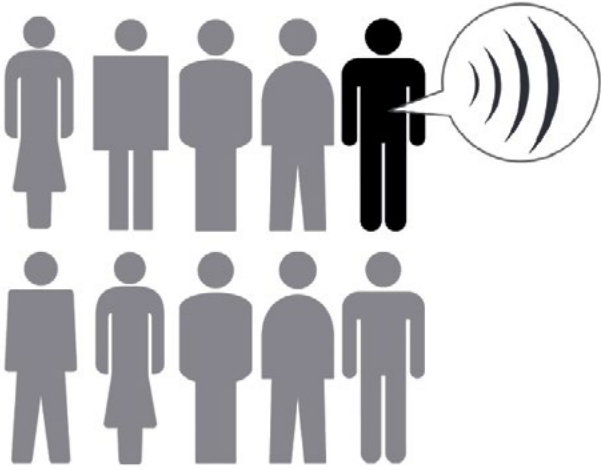
# Tinnitus services

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**British Tinnitus**  
Association



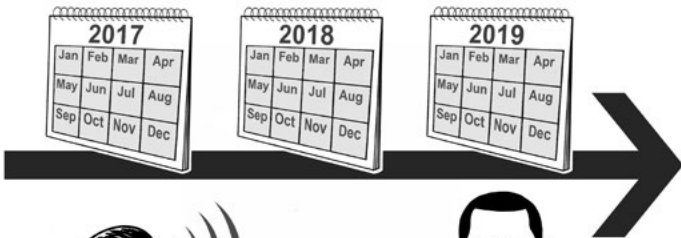
# Tinnitus Services



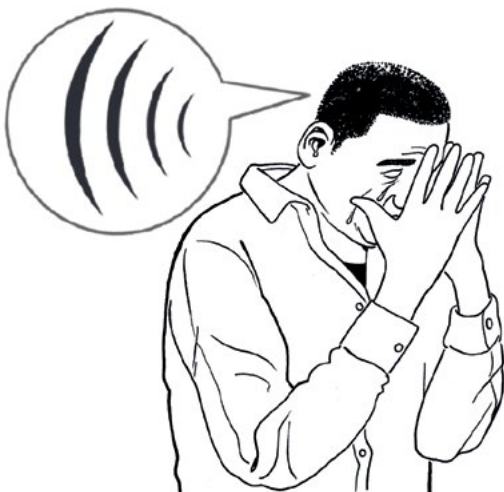
Many people have tinnitus, about one in every ten people.



Some people find their tinnitus doesn't matter much to them.



It almost always gets better over time, but the time it takes can be very long.



Other people are very upset and find that it spoils their life.

## Going to the doctor about your tinnitus



If your tinnitus is spoiling your life, it is a good idea to see a doctor.



Before going to see your doctor, write down your worries and any questions you may have.



The doctor will ask you about your tinnitus, look in your ears with a special instrument, remove wax, and check for infections.

## Special tinnitus clinic



If your tinnitus upsets you, if it is in just one ear, or if it beats in time with your heartbeat, your doctor may ask you to see an Ear, Nose and Throat (ENT) specialist or a special tinnitus clinic.

You can ask your doctor to refer you to a special tinnitus clinic, or you may be able to make an appointment at the clinic for yourself.

## At the tinnitus clinic



You may see an Ear Nose and Throat doctor.

You may see a qualified Hearing Therapist or Audiologist.



You may see a Nurse Practitioner or other professional person.



You will be asked about your tinnitus and have an ear examination.



You may have a hearing test in a special room.



Everyone is there to help you with your tinnitus.



## Further tests



Tests such as MRI scans and other scans will help doctors to see if anything is wrong that they can put right.



Doctors will help you choose the right treatment, but the final choice is yours.

### Ask these questions:



1. What are my treatment choices?



2. What are the good things and bad things about each treatment?



3. Who will help me to make the right choice?



Doctors will help you understand and manage your tinnitus, but they will not usually be able to stop it happening.



## These things will help:



- Knowing that it will almost certainly get better



- Hearing Aids



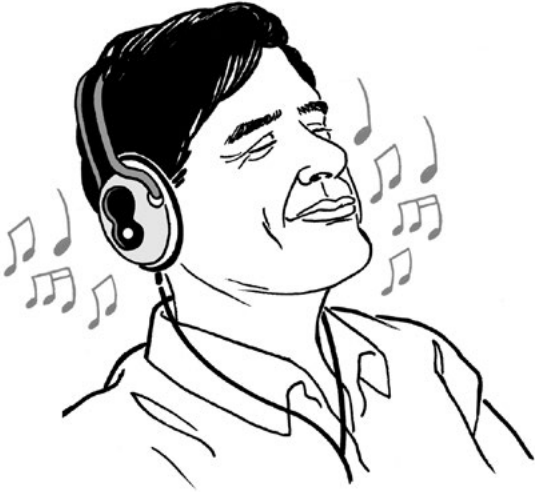
- Talking therapy, and counselling such as CBT



- Relaxation



- Sleeping better



- Sound enrichment therapy



- Tinnitus retraining therapy (TRT)



- Medication such as anti-anxiety or anti-depressants

## More information



The internet has lots of information, but some of the information about tinnitus is not right or helpful.



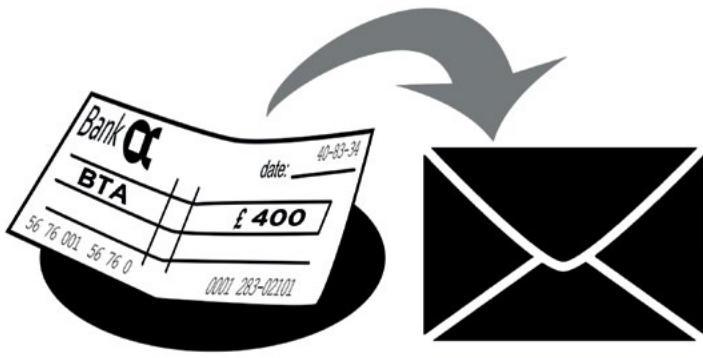
Information from the **British Tinnitus Association (BTA)** comes from experts, and you can rely on it to be right.



For more information about tinnitus, call the BTA helpline.



If you would like to help us support others with tinnitus please donate online:  
[www.justgiving.com/bta](http://www.justgiving.com/bta)



Or, send us a cheque to:

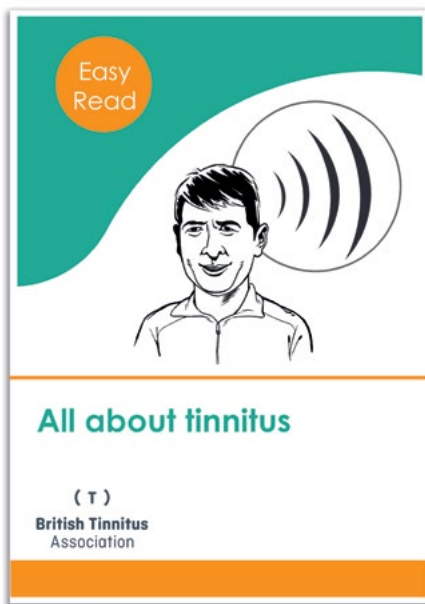
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This easy read document has been produced by  
The British Tinnitus Association working with CHANGE.

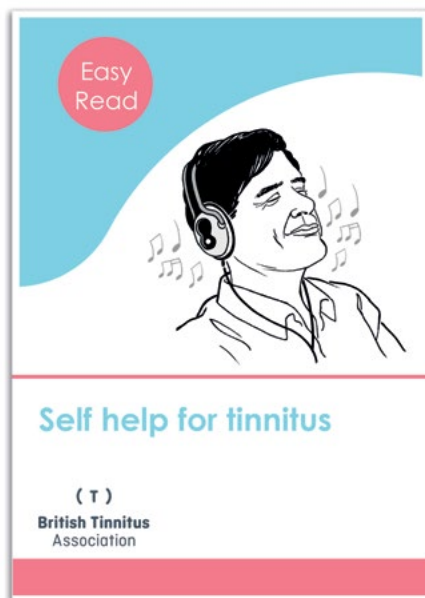
[www.changepeople.org](http://www.changepeople.org)



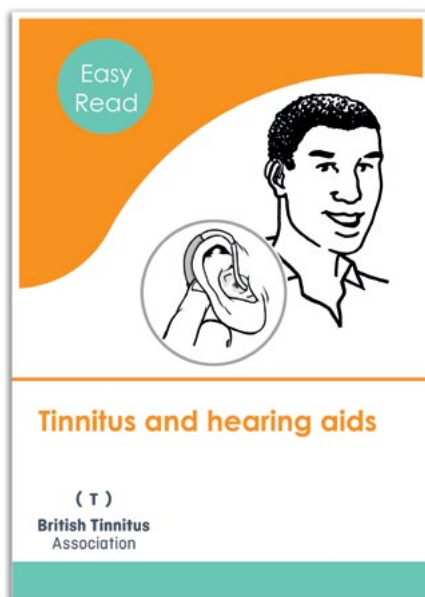
## Other leaflets in Easy Read



### All about tinnitus



### Self help for tinnitus



### Tinnitus and hearing aids

**Ask us if you would like more details about anything in this leaflet.**

This leaflet has been produced by the British Tinnitus Association and conforms to the Principles and Requirements of the Information Standard.



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Issued September 2016. Version 1.0. To be reviewed  
September 2019.

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**The BTA tries very hard to make sure our information is right, but it cannot tell you everything. You should always check with your doctor.**

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