

HEARCARE

Newsletter

top triggers for tinnitus

In most cases tinnitus is related to hearing loss. However, there are some common factors that can cause your tinnitus to flare up. Here are the top 3 triggers for tinnitus.

1. Diet

Sodium, alcohol, and caffeine are some of the major diet triggers that can effect tinnitus. Everyone is different and may react differently, or not at all, to changes in these areas. You can test out your triggers by modifying your diet and tracking your tinnitus symptoms. Hydration also plays a large role in tinnitus. Make sure you are getting enough water, especially if you are consuming caffeine or alcohol.

WHAT'S IN THIS MONTH'S ISSUE:

- Monthly Article
- Dear Dr. HearCare
- Support Local



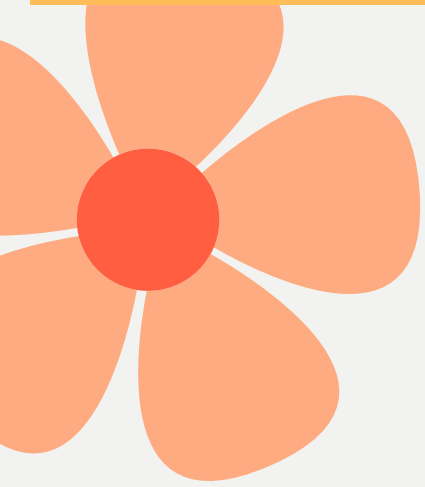
2. Stress

When your stress increases, your tinnitus may too. Finding ways to relax and calm your body can help reduce your ringing. Meditation is a popular strategy and can be especially helpful before bed when you tinnitus makes it difficult to fall asleep.

3. Comorbidities

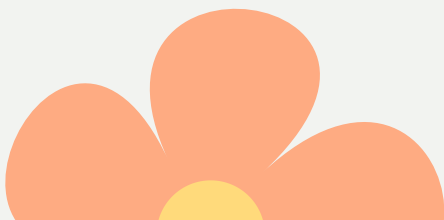
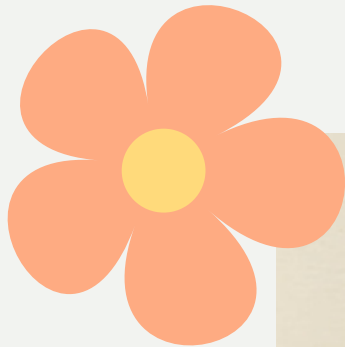
Other health concerns, or comorbidities, can impact the severity of your tinnitus. If you are having a flare up of inflammation, TMJ, blood pressure, or other health concern, you may experience a temporary increase in tinnitus as well.

Talk to your Audiologist about any and all potential triggers and ask for ways to help track and manage your tinnitus symptoms.



JUNE BIRTHDAYS

**Make sure to wish Megan a happy
birthday this month!**



Dear Dr. HearCare

CAN MY HEARING AIDS GET WET?



A little water never hurt anybody, right? What about your hearing aids?

Hearing aids are electronic devices and need to be treated accordingly. If they get wet or too sweaty make sure to dry them thoroughly. You can dry them with a cloth, remove the battery if it is disposable, and replace your domes and/or wax guards. Put them in a drying container if you have one. Do not heat the hearing aids.

If the hearing aids are not working properly, bring them in to your provider for evaluation.

*Do you have a question we can answer?
Email Dr. HearCare at: info@myhearcare.com*

Business Spotlight

Support Locally Owned Businesses



Music Compound caters to all ages, any level, and all genres. Lessons are available in person or online. Our goal is to turn your musical dream into reality. Our teaching method is holistic and catered to each student.

Music Compound is performances based and offers its members the opportunity to showcase their skills every month on stage. They also offer songwriting workshops and jam sessions for adults wanting to connect with like-minded individuals.



MUSIC COMPOUND
Inspire Collaborate Educate

Call our studio to learn more. 941.379.9100.

Serving Sarasota and Manatee Counties with two locations.