

HEARCARE

Newsletter

TINNITUS MANAGEMENT

Tinnitus is the perception of sound, such as ringing, buzzing, or hissing with no outside source of the noise. These phantom sounds can vary significantly from person to person and can be in one ear, both ears, or even in your “head”. While it is still unclear exactly why tinnitus occurs, the common causes are:

- **Hearing Loss:** 90% of people with tinnitus have some degree of underlying hearing loss, often from noise exposure.
- **Medications:** Over 200 medications list tinnitus or “Oto-toxicity” as a side effect.
- **Ear Wax/Foreign Object in the ear canal.**
- **Head and neck injury or disorder:** Common causes can be TMJ or whiplash for a vehicle crash.

WHAT'S IN THIS MONTH'S ISSUE:

- Monthly Article
- HTC Update
- Dear Dr. HearCare



While most underlying causes of tinnitus are not dangerous or life threatening, it is important to undergo a thorough audiometric evaluation if you begin experiencing tinnitus. This is particularly important if the tinnitus begins suddenly, occurs in only one ear, or coincides with other symptoms, such as change in hearing or onset of dizziness.

A comprehensive audiometric evaluation and tinnitus assessment will help identify any underlying hearing loss and allow your audiologist to determine if further medical testing and/or specialist referrals are necessary. The information obtained during the session can be used to develop individualized treatment plans.



HearCare Audiology is excited to announce that we are expanding our patient services to include comprehensive tinnitus management treatment plans with Dr. Lynnette Dornton.

As a tinnitus sufferer herself, Dr. Dornton brings with her a passion and dedication for the treatment of tinnitus. She is trained in both TAT (Tinnitus Activities Treatment) and PTM (Progressive Tinnitus Management).

For more information on tinnitus, check out these websites:

www.ATA.org
www.tinnitus.org.uk

**Call to schedule your tinnitus evaluation today!
(941) 316-0406**



203 patients helped in only 4 days.

Congratulations to our giving partner Hearing the Call Sarasota for providing hearing healthcare to those in need. They recently traveled to Coatzacoalcos, Mexico where they treated several children and adults. At HearCare Audiology Center, we feel honored to be able to give back! We also appreciate your hearing aid donations...time to get ready for the next mission.



Dear Dr. HearCare

HOW OFTEN SHOULD I TEST MY HEARING?



If you are 65 or older, as part of your routine healthcare, you should have an annual hearing exam.

Your initial hearing test will establish a baseline that your audiologist will use to monitor your hearing for further progression. Depending on the results your audiologist will advise you of any medical concerns, need to see a specialist, or the need for hearing treatment. If you wear hearing devices, an annual exam will help to ensure your settings are as accurate and up-to-date as possible for your best hearing.

Each year your audiologist will compare to previous test and monitor for any changes in hearing or health. Make yearly hearing exams a part of your healthcare and wellness routine.

*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.