



**Tinnitus
Management
Clinic**

*Treatment
Overview*

**Department of Otolaryngology
and Communicative Disorders
216/444-5370**

THE CLEVELAND CLINIC FOUNDATION

WHEN TINNITUS AFFECTS YOUR QUALITY OF LIFE

Many people experience a temporary ringing (or buzzing, whistling, hissing or rushing noises) in their ears or head, known as tinnitus. But for more than 12 million people, tinnitus is a persistent problem. For some, it can be so severe that it causes great difficulty in coping with the demands of everyday life. While there is no universal cure for tinnitus, specialists at The Cleveland Clinic offer a team approach to help patients manage the problem through our Tinnitus Management Clinic (TMC). Because of our vast experience in caring for people with this bothersome problem, we have developed a variety of rehabilitative management approaches that provide relief for the majority of our patients.

The TMC at The Cleveland Clinic uses a multidisciplinary approach for the assessment, diagnosis and treatment of tinnitus. Our specialists include otolaryngologists (ear, nose and throat [ENT] physicians), audiologists and psychologists.

The TMC involves a four-step process, which is described in this pamphlet.

STEP ONE: Medical Clearance

Because tinnitus can be associated with ear disease, you must receive a written medical clearance by an ENT physician before you can be scheduled for the Group Education Session. The ENT physician will determine if there are any health-related conditions for your tinnitus that require medical or surgical treatment.

If there are no such conditions and you receive a written medical clearance, you may proceed to Step Two.

STEP TWO: Group Education Session

Call **216/444-6691** to schedule an appointment for the Group Education Session. All patients must participate in this 90-minute session. You will learn how the hearing mechanism works, the prevalence of tinnitus, possible causes, common reactions and treatment options. You will receive a notebook of information to take home, along with a copy of the book, *Tinnitus: Questions and Answers*. You also will receive a packet of questionnaires that you must complete

before you return for any additional appointments in the TMC. You may find, however, that the group education session is sufficient to manage your tinnitus.

STEP THREE: Individual Tinnitus Evaluation

After we receive your completed questionnaires, you will be contacted to schedule the individual evaluation in audiology (a 90-minute appointment) and behavioral health (a 60-minute appointment). Call **216/444-5370** to schedule these appointments, which will be arranged for the same day.

Audiology Evaluation: Using a variety of different testing methods, we will measure and assess the quality and dimension of your tinnitus. Based on this evaluation, an individual audiologic rehabilitative plan will be designed.

Behavioral Health Assessment: The psychologist will review your completed questionnaires and discuss the results with you. Various strategies will be presented to help you cope with the emotional impact of tinnitus.

STEP FOUR: Individual Audiologic and Behavioral Health Treatment

Based on your audiologic evaluation and behavioral health assessment, we will implement the prescribed treatment plan. Treatments may include sound therapy using assistive devices, hearing aids, and/or noise generators. Other options may include biofeedback and behavioral modification therapy.

A REASON FOR HOPE

We understand how tinnitus can adversely affect your quality of life and are dedicated to working with you to help you gain control over this condition. The goals of every professional on the TMC team are to:

- Assist you in finding a method or combination of methods that will provide you with relief from tinnitus, and
- Provide you with the tools to cope with tinnitus.

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The Cleveland Clinic is an independent, not-for-profit, multispecialty academic medical center. It is dedicated to providing quality specialized care and includes an outpatient clinic, a hospital with 956 staffed beds, an education division and a research institute

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