

TINNITUS

SELF HELP GUIDE

Do not suffer alone as around 10% of the UK population and over 23 Million people in the USA have Tinnitus, so you are not alone.

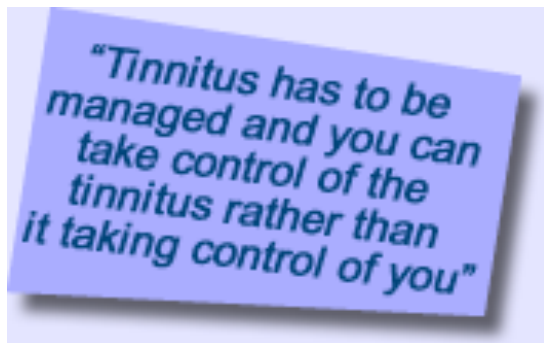
There is equipment available to help you and it can make a real difference to your daily life and help you to sleep properly.

Tinnitus may seem chronic at first but over time its effects diminish greatly as you get used to it. it is called "Habituation"

I have had Tinnitus for over 20 years and I understand what you are going through,. I live a normal life even with the Tinnitus.

TOP 10 TIPS

- 1 RELAX
- 2 DO NOT PANIC AS HELP IS AVAILABLE
- 3 REMEMBER YOU ARE NOT ALONE
- 4 DO NOT GET DOWNHEARTED
- 5 SEEK ADVICE FROM OTHERS WITH TINNITUS
- 6 CONTACT THE BRITISH TINNITUS ASSOCIATION
- 7 SPEAK TO E.N.T PROFESSIONALS
- 8 TAKE CONTROL OF YOUR TREATMENT
- 9 SEEK SUPPORT FROM FRIENDS AND FAMILY
- 10 ABOVE ALL ASK FOR HELP



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TINNITUS - THE FACTS AND THE FICTION

I have had Tinnitus for over 20 years

If you have just been diagnosed with Tinnitus you may be worried, nervous, scared and you may feel abandon by the medical profession if you been told to just “go away and live with it” this kind of advice is at best very unhelpful and at worst it could be creating a sense of hopelessness for you.

It does not have to be that way, there is help available. There are many things that can be done, you can contact the British Tinnitus Association as they have a number of advisors you can talk to including myself. The BTA can supply equipment that can really help the Tinnitus sufferer, they sell things like sound generators, maskers etc and it would be a good idea to visit their Website.

There is always something you can do to help yourself

Tinnitus can be exacerbated by tension, stress and worry so it is important to keep as calm as possible. I teach many sufferers Self Hypnosis and Relaxation Techniques. Meditation is good for some, keeping busy and exercise is good for others, some foodstuffs, herbs etc can also work, you just have to find out what works best for you.

Problems sleeping can be real issue for some if not most people, if you do not sleep you will be tired and this will increase stress and in turn make the Tinnitus worse, a Vicious Circle if you like. Tinnitus has to be managed and you can take control of the tinnitus rather than it taking control of you.

Frequently Asked Questions

Q - Can Tinnitus be cured

A - No cure exists at the moment but there are many things that can be done to help the sufferer.

Q - Will having Tinnitus mean that I will lose my hearing

A - Tinnitus is more common in people with hearing loss but it is also possible to have excellent hearing and still have tinnitus

Q - How many people have Tinnitus

A - 10% of the UK population and 23 Million people in the USA, famous sufferers include Bill Clinton, Barbara Streisand and Leonard Nimoy. William Shatner (Captain Kirk from the Star Trek TV Program) is a sufferer and is an Honorary Director of the American Tinnitus Association.

Q - What can I do to help myself

A - Join the BTA , join a local support group and learn to manage your Tinnitus and maybe even help other people with tinnitus.

Q - Will my Tinnitus get worse

A - Most Tinnitus is mild, although it may not seem that way at first but in time you will “habituate” (get used to it) and will improve, you will find ways to help yourself and possibly for the first time in your life you will really start to look after you ears and hearing.

Q - Can I use sound to hide Tinnitus

A - Yes this can be very effective, the use of calm quiet music, white noise, sound generators, natural sounds ,and even the sound of a fan can help, the use of headphones will depend on the specific condition you have and it would be best to consult your audiologist about using headphones.

Q - I am having problems sleeping, are sleeping pills a good idea

A - The problem with sleeping pills is that they inhibit the REM phase of sleep, the is the phase of sleep where we really do rest.

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Q - What is the best advice you could give to somebody with Tinnitus

A - I would say learn to relax and keep your stress and anxiety levels as low as possible as this will help keep the level of your Tinnitus down also get some Custom Ear Plugs made, there are details on my website. I wear my earplugs whenever I feel loud noise could be an issue. I always have them with me and I have flesh coloured, so they are virtually invisible. I use them for Music Concerts, Swimming, Clay Pigeon Shooting, Motorcycling and Cycling, they do not cut out all noise so you are still able to talk to people and hear the important sounds.

Q - I have heard that people with Tinnitus commit Suicide

A- This is still very very rare. Most people learn to live with Tinnitus and will get used to it over time.

Q- Can drugs help my tinnitus

A- They can help with associated symptoms like anxiety depression and insomnia but no drug as yet been developed that really help tinnitus but this may change in time, as more and more research into drug treatment is being carried out.

Q - I have been thinking about trying Hypnotherapy and Hypnosis for helping my Tinnitus

A - Hypnotherapy and Hypnosis can be a great way to

learn to relax and keep stress levels down, also it will benefit you in so many other areas of life in general. There is a school of thought that links tinnitus to some underlying emotional issues and with the release of these issues with the help of Hypnotherapy there can be a marked change in the level of Tinnitus. Hypnotherapy and Hypnosis can also be very effective in helping with sleeping issues and insomnia.

Q - My tinnitus has got much worse in the last few weeks, after I had an ear infection and my Audiologist tells me that this is just a 'Relapse or a 'Flareup' but I am worried it will not go away.

A - Many things can cause the level of tinnitus to increase for a while, like infections, excessive exercise, dentists drills and alcohol, but the chances are it will settle down again, ear infection can sometimes take a while to do this .

There is a lot of information out there but not all of it is good.

It can be like a minefield searching for information about Tinnitus and if you are like me when I was first diagnosed, you scoured the internet endlessly looking for that 'Miracle Cure' I even heard about 'Witch Doctors' in Africa who could cure Tinnitus and went as far as looking for flights to some unpronounceable

town in the middle of Africa. I once got into a dialogue with a man in Tel Aviv who claimed he could cure me over the phone and all for \$800.00 US. Looking back I cannot believe I even for a moment considered trying it, but that is what desperation does to people. By doing all this searching I was actually doing the one thing that we are all advised not to do and that is "focus on the Tinnitus" What I eventually found out is that there are people out there who can help you and you just need to find them.

Someday a cure for Tinnitus could be possible and the more awareness there is about Tinnitus the greater the chance there will be to secure funding for research into tinnitus and this in turn will make the possibility of finding cure much more likely.

I hope this Self Help Guide will be of some use to you but if you need any more help or information please do not hesitate to contact me.

Kindest Regards

Tony Burton



I am a member of The CNHC and it is the UK Regulator for Complimentary Healthcare. The Government Department of Health recommends that you consult with someone who is CNHC registered.