

Your Weekly Medical Advice

by Dr Dong Xiu Dong

"Committed to the care of our patients and community"


euroa medical

Clinic Hours

Monday – Friday 8am-6pm

Saturday 9am – 5pm

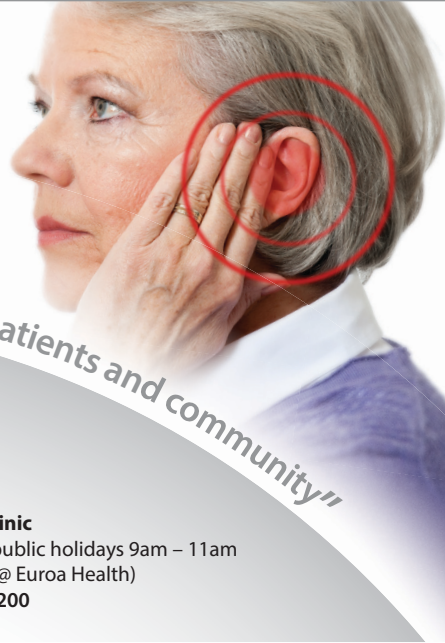
Phone (ALL HOURS) 5795 2011

Emergency clinic

Sundays and public holidays 9am – 11am

(in our rooms @ Euroa Health)

Phone 5795 0200



Tinnitus

Tinnitus is the condition of hearing abnormal noise in the ear or head when there is not sound coming from outside.

How common is tinnitus?

About 1 in 4 people are bothered by it, but it is a severe problem for 2% of the population.

How serious is tinnitus?

Tinnitus in itself is not a serious condition; it doesn't cause pain or deafness but can be frustrating.

What causes or aggravates it?

- Ear disorders such as infection, or the general wear and tear of the ear that comes with aging
- Excessive noise exposure for a long time
- Some prescribed drugs
- Stress and fatigue
- Excessive alcohol, smoking and the use of social drugs (eg. Caffeine marijuana).
- Head injury
- Meniere's syndrome (fluid in the inner ear)

What can be done for tinnitus?

- Tinnitus is less noticeable when there is background noise and therefore it is important to "switch off" from the ear ringing as much as possible and focus on other noises.
- Stress management and relaxation technique
- Background sound treatment: especially for those having trouble getting to sleep, it is helpful to have background music playing when retiring at night
- Tinnitus maskers
- Counselling and support

We would appreciate your feedback or topics you would like to hear about at business.manager@emfp.com.au