

TINNITUS ADVICE

This infographic offers practical daily advice for people to help manage their tinnitus.

As many as **1 in 6 people** may have tinnitus that is persistent but mild, and as such does not bother them much. However, around **1 in 100 people** suffer from persistent tinnitus that negatively affect their quality of life.

There are various strategies that you can try to help you manage your tinnitus. We are all different so some of the strategies may work for you and others may not be as successful. What is important is that you slowly introduce these strategies one by one, to see what works best for you.

You can try the following:



Have your ears checked for wax or infections

Have a medical professional look at your ears.



Reduce stress

Try relaxation exercises or meditation.



Get enough rest

A good night's rest can lower stress levels.



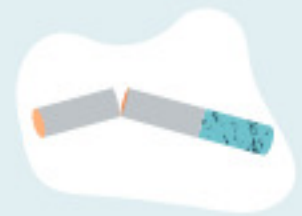
Get enough exercise

Exercise has many health benefits, including reducing stress.



Eat a balanced diet

Try to reduce your alcohol intake, as well as caffeine and spicy foods or other unhealthy foods.



Embrace healthy habits

Try to abandon any smoking habits.



Avoid silence

Soft music, talking or even environmental sounds can mask the tinnitus you experience.



Invest in a hearing aid if you have a hearing loss

Wearing hearing aids during your daily activities can reduce the effects of tinnitus.



Use sound therapy devices

Noise generators, sound therapy apps and other devices that create sound can aid in managing tinnitus.



Protect your hearing

Avoid loud noise and wear hearing protectors.



Speak to a medical professional

Make sure that you are receiving the most appropriate treatment for your medical conditions.



Speak to a hearing healthcare professional

Get help and support from a hearing healthcare professional.



www.hearxgroup.com | US: (415) 212-5500 | RSA: +27 (0) 12 030 0268

© 2019-2021 hearX IP (Pty) Ltd. Copyright in this work including its layout and the designs contained herein is reserved.