

# Tinnitus News

West Norfolk Hearing Support Service



August 2009

## Tinnitus Support Group 10am-12noon

4th September  
2nd October  
6th November  
4th December  
5th February  
5th March

At the Deaf Centre  
Railway Road  
Kings Lynn  
Norfolk PE30 1NF

The BTA has recently sent out it's latest Hospital Survey to all the Audiology Departments in the UK. They aim to find out more about the services available in the UK.

They are now collating the information so that they can let enquirers know more about the services available locally and where they can go for support. If you are interested in finding out more about services, please contact the BTA.

Please feel free to drop in to the Deaf Centre to try or loan some of the Tinnitus Equipment that is available.

Have you tried the  
Sound Oasis Deluxe?



Or the Nature Sounds Pyramid?



We also have RNID's range of double CD's to mask the sound of tinnitus and help you to relax.

Please visit our website: [www.wnda.org.uk](http://www.wnda.org.uk)

## British Tinnitus Association Annual Conference and AGM

The British Tinnitus Association (BTA), the only charity in the UK solely dedicated to supporting those who experience tinnitus, is set to host its Annual Conference and AGM at Sheffield Hallam University on Thursday 3 September 2009.

The Conference will include a series of seminars from a number of world-leading experts in the field which will focus both on the latest developments in treatment as well as contemporary theories and research-based knowledge about tinnitus. Delegates will also have the opportunity to participate in a question and answer session following each presentation.

Expected to attract over a hundred people from across the country including healthcare professionals, ENT specialists, audiologists, members of the BTA and others who either experience tinnitus or have an interest in the condition, the Conference has become well-established and follows the great success of last year's event which was attended by a record number of delegates.

Interactive in nature, the conference is highly regarded in the field as a means of ensuring the latest developments in clinical research are shared among both those in the industry and those affected by tinnitus.

### **The Conference Programme includes:**

- Dr Ewa Raglan of St Georges Hospital, London will be speaking on 'Department of Health Initiatives for Tinnitus Sufferers'
- Dr Amr El Refaie of University of Bristol will be speaking on 'Contemporary Theories of Tinnitus Generation'
- Dr Veronica Kennedy of Bolton NHS will be speaking on 'Update of Tinnitus Treatments'
- Professor Rene Dauman of University of Bordeaux will be speaking on 'From Interview with Tinnitus Patients to Questionnaires'
- Tim Husband, Chief Audiologist/Hearing Therapist of Dewsbury and District Hospital will be speaking on 'Candles, Coloured Lights and Other Questionable Cures for Tinnitus - An Evidence based Review on Alternative Treatments'

The prestigious Marie and Jack Shapiro Prize is also presented annually at the conference in recognition of the published research paper by a UK based author most likely to result in improved treatment or public awareness of tinnitus.

Tickets cost £50.00 for BTA members and £75.00 for non-members, with lunch and all refreshments included. To secure a place contact Krys Klytta at the BTA office on 0114 250 9933 or email [krys@tinnitus.org.uk](mailto:krys@tinnitus.org.uk).

There are only a few places left so if you would like to book, the BTA would advise you to do so as soon as possible so as to avoid any disappointment. If you would like to book over the phone, or if you have any questions, please contact Krys Klytta at the BTA office in Sheffield by email at [krys@tinnitus.org.uk](mailto:krys@tinnitus.org.uk) or by phone on 0114 2509933 (July 2009)

Please visit our website: [www.wnda.org.uk](http://www.wnda.org.uk)

## Tinnitus - the route from GP to treatment

Staff at West Norfolk Deaf Association come across people who have tinnitus on a regular basis. It is often the case that the individuals we meet have had tinnitus for many years and have never got any further down the recovery path than their GP. Sadly, many GP's are not aware of the help that people with Tinnitus can receive and will often send the individual away with 'you just have to learn to live with it'.

Although GPs are trained to a high level in a wide area of medicine, they are not tinnitus experts. Knowledge of tinnitus and its treatments may be different from doctor to doctor.

When some people visit their GP about tinnitus, they may find it hard to get a referral to an ear, nose and throat (ENT) department. This is because many GP's are not aware of the help available for tinnitus. So make sure you tell your doctor that your tinnitus is a problem and how it is affecting you.

You might find it useful to think about these questions before your appointment:

- Is it making you feel anxious?
- Are you having problems sleeping?
- Are you finding it hard to cope?
  - Has it come on suddenly?
    - Where is it?

It's a good idea to take a copy of our tinnitus leaflet to help explain to your GP what you are experiencing.

If you still can't get a referral, try seeing a different doctor in the practice or even changing to a different practice altogether. Remember, you have the right to a second opinion. Most GPs are helpful and it's worth asking for their help.

Visiting your GP is crucial because your tinnitus may be caused by a condition that your GP can treat, such as an infection or excess earwax.

For example, if you have an ear infection, antibiotics may help clear this up, which could reduce the tinnitus. Or if your tinnitus is linked to a particular medicine, your tinnitus may not be as bad if you change or stop taking that medicine.

Talk to your GP before you change your medicine, alter your dose, or stop taking it altogether. You should also tell your GP about any over-the-counter drugs you are taking.

Once your GP has checked that your ears are free of excess wax and infection, they may refer you to the ear, nose and throat (ENT) department at your hospital.

## What will happen at the hospital?

First of all, you'll see a specialist at the ear, nose and throat (ENT) department. The specialist will give you a check-up to see if there are any obvious causes of your tinnitus. You may then be referred to a tinnitus clinic or hearing therapist if there is one in your area.

If hearing loss is also suspected, a referral to the audiology department may also be recommended.

Some hospitals have specialist tinnitus centres or clinics, but it varies depending on where you live. Some areas may offer limited tinnitus services and some may have none at all.

In Kings Lynn we have a Hearing Therapist at the Queen Elizabeth Hospital.

As part of tinnitus management you may be offered:

- Equipment, such as noise generators
- Therapies, which help you become less aware of the tinnitus.

You can expect to wait up to 18 weeks from visiting your GP to seeing a specialist.

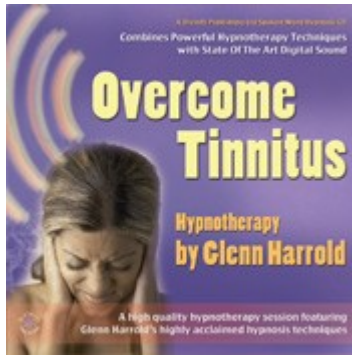
## Tinnitus Guidelines for GP's

The British Tinnitus Association have published guidelines for all GP's for the treatment of patients with Tinnitus. These are detailed below:

What can you do to help?

- Examine the ears; to ascertain whether there is wax or other problems, such as an infection or middle ear fluid.
- Explain that tinnitus is quite common, especially in adults.
- Give positive encouragement. For instance: 'spontaneous disappearance is possible' and 'it is most unlikely to get worse', 'improvement is usual', 'there are means of helping such as learning relaxation techniques', 'there is information and support from various organisations'
- **Do not offer negative counselling.** Avoid using words and phrases such as 'incurable', 'permanent' or 'you've got to live with it'. These will only worsen the patient's perception of his or her tinnitus.
- Encourage the patient to take their attention away from the tinnitus (eg. radio, CD or cassette player).
- Offer advice on the local availability of relaxation training and stress counselling.
- Suggest that leisure activities such as sports, going for walks and yoga can also help.
- Check if there is a Tinnitus Self Help Group in your area. These Groups conduct regular meetings and are affiliated to the British Tinnitus Association.

In addition to those patients with balance problems, unilateral tinnitus or pulsatile tinnitus, patients more likely to require referral to an ENT Consultant or Audiological Physician include the following: those with accompanying hearing difficulties; in cases where the tinnitus has become progressively louder or more intrusive; where there is no clear diagnosis; when patients request a specialist opinion and in cases when additional therapy, counselling or diagnostic investigation is needed or requested.



'Overcome Tinnitus' is a 32 minute hypnotherapy session where you will hear Glenn Harrold's relaxing hypnotic voice overlaid with special sound effects, which have been recorded in certain keys and frequencies to help enhance the hypnotic effect and will guide the listener into a deep relaxed state of mental and physical relaxation. Post hypnotic and direct suggestions, along with carefully worded background affirmations are a completely safe and very effective way of helping to overcome the burden of tinnitus and can facilitate positive changes very quickly.

Divinti Publishing Ltd sent us a complementary copy of the new CD 'Overcome Tinnitus', which has received excellent feedback from sufferers and has recently been recommended in 'Ears news' (Birmingham Tinnitus group Newsletter).

This title is number 27 from the highly successful Hypnosis range by Glenn Harrold MBSCH Dip C.H., which has sold over 600,000 CDs and is well established as the UK's best selling self-help CD series.

If you feel this product would be of any benefit to you and you would like to try it at home, please contact Rachel at the Deaf Centre.