



What a relief.

Tinnitus can be  
helped. Let us  
help you.

helix  
hearing care

Around  
250  
million  
people  
worldwide  
suffer  
from  
tinnitus.

## What is tinnitus?

**Tinnitus is the perception of sounds or noise within the ears with no external sound source.**

These sounds are often described as ringing, humming or buzzing noises and they can be constant or periodic.

Tinnitus is not a disease, it is a symptom. Neither is it usually a sign of a serious medical condition.

However, you should always consult your doctor first if you think you have tinnitus.

Remember tinnitus can be helped, so let us help you.

# What can cause tinnitus?

**There is no one exact cause of tinnitus but it can be triggered by a variety of causes.**

Exposure to loud sounds, which can damage the delicate sensory cells of the inner ear, is a common cause of tinnitus. Other factors include ear infections, aging, excessive earwax, high blood pressure, and sensory nerve disorders.

Activities such as smoking, drinking alcohol or caffeine, and taking excessive amounts of aspirin or antibiotics may exacerbate tinnitus.



# Managing tinnitus

If you think you are suffering from tinnitus, the first thing to do is to consult your doctor. After that, you should seek professional advice from hearing care professionals.



We can help you find a way of managing or minimizing the effects of your tinnitus – and in a way that suits you. Counselling, combined with sound therapy is often extremely beneficial.

# Using sound

One popular way of managing tinnitus is using amplified sound. It can help minimise the contrast between the buzzing or ringing of tinnitus and the surrounding sound environment.

A proven solution from Widex is ZEN. ZEN plays random, soothing harmonic tones that are designed to help you relax and reduce stress. As stress is one of the most common factors involved with tinnitus, relaxation and stress reduction are vital elements in managing it effectively.

# Widex ZEN Therapy

Widex Zen Therapy is a proven method that combines counselling, sound stimulation, stress reduction and amplification.

What makes it unique is that it considers all the factors involved in your tinnitus and adjusts the treatment accordingly.

Counselling sessions will help you to identify and change the way you perceive tinnitus in your daily life. And then depending on the level of your tinnitus, we will recommend different options and tools such as sound stimulation like Zen therapy, and relaxation exercises.



# Relaxation exercises

Try the following exercises to help you to relax and reduce stress.

We recommend you spend around 15 minutes on them each day.

Before you carry them out, try to:

- Sit in a comfortable chair in a quiet place with no distractions
- Do the exercises while listening to relaxing music or the Zen tones, but if you are too distracted, turn them off
- Take off your shoes and wear loose, comfortable clothing
- Don't worry if you fall asleep
- When you have finished the exercises, close your eyes, relax for a few minutes, breathe deeply and rise up slowly

# Progressive Muscle Relaxation

This exercise helps you relax your muscles. Begin by focusing on the muscles in your head and neck. Then inhale and simply tighten the muscles as hard as you can for about eight seconds. Try to tense only the muscles that you are concentrating on. Feel them tense. Then release them by suddenly letting go. Let the tightness and pain flow out of the muscles while you slowly exhale.

The idea is to progress systematically, starting with your head and progressing all the way down to your feet.

You can follow this progression:

- Head (facial grimace), neck and shoulders. Chest and stomach.
- Right upper arm and right hand. Left upper arm and left hand.
- Buttocks, right upper leg and right foot. Left upper leg and left foot.

Relax for about 10–15 seconds and repeat the progression. The entire exercise should take about five minutes.

When finished, count backwards from 20 and slowly rise up.

# Deep breathing

Breathe deeply and in rhythm. Try to complete the following cycle 20 times:

- Exhale completely through your mouth.
- Inhale through your nose for four seconds (count “one thousand one, one thousand two, one thousand three”).
- Hold your breath for four seconds.
- Exhale through your mouth for six to eight seconds.
- Repeat the cycle 20 times.

The entire exercise takes approximately five to seven minutes.

# Mental imagery

After achieving a state of relaxation via deep breathing, keep your eyes closed and continue the deep breathing while imagining yourself in the most relaxing environment possible (perhaps lying on the beach, floating in the water, or floating on a cloud).

Try to imagine, with all your senses, the feel of the air on your skin, the smell of the fresh ocean or forest, or the taste of your favourite beverage and either listen to the Zen tones, or make up your own pleasant and relaxing imagery sound, like ocean waves, a babbling brook, or the crackling of a warm fire.

When finished, count backwards from 20 and slowly rise up.

# Tinnitus can be helped

At helix, we are experts in dealing with the effects of tinnitus. We have years of experience in providing relief to those with tinnitus – and to people with hearing loss.

We offer a free assessment, with no obligation, so come in and hear how we can help you.

You can also email or call us at 1-685-5327

**helix**  
hearing care