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Noise in the ear come exit reasons

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Abstract : In the ear noise scientific it is called "tinnitus" in the language . This includes rattling , buzzing , rustling , whistling . _ This is the case calm , plus noises load at the time observed . Most of the time in the ear noise to hear of ability decline symptom is considered. If the noise pain and ear redness choked if and noise very from the inside coming if you notice it sulfur congestion because of Sometimes noise the cause ear of the veil hard sound or hard by digging cleaning as a result damaged or the inflammation is also contagious can _ Squealing and gala-govur voices tall music to listen likeable and uta is noisy in the circumstances in workers observed .

Key words : Medication therapy ; Physiotherapy ; Reflexotherapy ; Hearing prostheses ; Hydrotherapy .

Ear noise disease with depends sides

Ear rattle cause issuer There are also diseases :

- Migraine (occasionally with holding severe headache) — usually of head left or young side hard it hurts , that's it towards in the ear wrong sounds is heard .
- Cardiovascular in diseases ear in the system noise heart walking such as stuttering in the sound will be
- Back in osteochondrosis and in the ear stuttering is heard .
- Rarely cases this noises neuroma (hearing in the nerve asthma) disease symptom to be can _

The reason determination for the first first to the ENT doctor appeal do it He hears the way Check it out either another any thing whether there is determines _ From this besides , audiometry (of hearing sensitivity level) as addition inspections are also carried out . If in the ear noise another reasons because of surface came If so , a doctor you that's it direction specialist - cardiologist or neuropathologist to the presence of sends _

Ear rattle treatment

Ear to rattle against drug still there is not _ However , in practice ear noise treatment for the following conservative methods used :

- Medication therapy ;
- Physiotherapy ;
- Reflexotherapy ;
- Hearing prostheses ;
- Hydrotherapy ;
- Psychotherapeutic training , in particular , cognitive-emotional therapy .

First of all , the ear rattle the reason to determine help giving studies transfer need _ If the reason if found , then tinnitus treatment main diseases to treatment is directed .

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Unfortunately , a lot cases of the disease reasons cannot be determined . Such cases doctor the following treatment methods appeal does :

Complications

If in your ear noises often appear blowing if it comes en on time checking If you do not treat , the following complications surface comes :

- break through to sleep halal gives ;
- from work distract your activity weakens ;
- worry and stress cause emits ;
- sometimes leading to depression will come

This is the ear cancer such as heavy disease to be can _ This is the reason to hear and ear with depends unhappiness feel with to the doctor appeal to do it is necessary Treatment refusal to transfer as a result of the brain to hear answer giver part damage and to hear ability Entirely loss can

That's it to emphasize should be normal each how man absolute silence conditions if known one background noise to hear can _ Ear to rattle the majority face came , for example , noisy at the concert after participating . But the next day day in the ear noises disappeared will be

From tinnitus suffering smoker patients in the ear noise to sleep from leaving before , around silence appear in being the most sure to be heard they emphasize . Attention to the noise sum up insomnia take coming can _ If tinnitus in development continue listen _ _ rattle during the day , noisy in the environment too bother to do can _ Man to the sound more and more more attention towards starts _ This of a person psychoemotional to the situation effect does _ His mood gets worse , depressive reactions development can _ Some cases , hear of ability little by little decrease note will be done .

TREATMENT OF TINTING IN THE EAR

Ear to rattle against drug still there is not _ However , in practice ear noise treatment for the following conservative methods used :

1. Medication therapy ;
2. Physiotherapy ;
3. Reflexotherapy ;
4. Hearing prostheses ;
5. Hydrotherapy ;
6. Psychotherapeutic training , in particular , cognitive-behavioral therapy .

First of all , the ear rattle the reason to determine help giving studies transfer need _ If the reason if found , then tinnitus treatment main diseases to treatment will be directed . Unfortunately , a lot cases of the disease reasons cannot be determined . Such cases doctor the following treatment methods appeal does :

- Medicines _ with treatment (group B vitamins , ginkgo-biloba, zinc drugs in the brain blood rotation improving drug tools);

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- In the ear from rattling superior coming « white noise » maker special implant use _ Voice also use therapy can _ Of this for the patient of nature or of the environment sounds written music listens _ Such sounds of a person attention external noise to the source transfer enable gives _ This while relax and sleeping to stay will help .
- Psychotherapy . Tinnitus in treatment most of the time cognitive-behavioral to therapy appeal will be done . Psychotherapist with at work to the patient meditative technique is taught . Also this in the ear noise acceptance to do to change , to voice attention focus to stop help gives _

Some in clinics tinnitus treatment for hypnosis and hyperbaric oxygenation is used , however their efficiency very low _

Current in the day in the world ear rattle treatment for Pavel Yastreboff work The resulting model is **tinnitus retraining therapy** (TRT). is doing

TINNITUS RETRAINING THERAPY

the TRT method essence simple , but to the patient to teach for time need will be : to the person noise not listening to him not to be distracted , to relax is taught and to him serious disease with not sick and to his life risk lack of is explained . Teaching three daily intensive on the course will be held . Course the first in the part to people in the ear noise negative thing to think not to teach for sure tips to give own into takes _ Course second part sonorous therapy . Without drugs noise in 6-12 months up to 50% by itself decreases . Successful psychotherapy with , a person in 3-20 months tinnitus without noticing puts _ Sometimes serious in depression nervous strain reduce for antidepressants to be ordered can _

of TRT sonorous therapy often « white noise » _ to listen recommendation is to do - waterfall , sea , whispering of leaves voice _ Audiomasker by emitting « white noise » bark under to hear on the roads never how important have didn't happen neutral sound as is evaluated . That's it immediately him acceptance to do is blocked and signal bark to the level arrived doesn't go and noise feeling does not call That's it with together with the patient bother doer noise too own importance loses and the patient him too perceptual acceptance to do stops . « White Noise » is not universal special from inspections then each _ bermor for separately is selected . From this except , treatment style Psychotherapy is also included _ bother doing to the noise attention not to look teaches . If the patient ear weight if detected , hearing apparatus is chosen because external of voices the increase is also internal " reduces " the noise .

PREVENTION

Any _ the disease from treatment according to prevention get it is easier . This simple to recommendations compliance make yourself _ from tinnitus save :

- If you in headphones music listen to music very tall in the voice that it is not trust harvest do it In the subway when you are music try not to listen . Music with together of the train noise to hear analyzer very a lot strain take will come
- If professional your activity the work in place noises with depends if so , listen to use corks (berushi) . don't forget
- Caffeinated and alcohol from drinks beware _ This drinks in the ear of noise to increase take coming can _

- The ears cleaning for cotton chopsticks do not use Theirs wrong application ear sulfur to hear to the channel to be pushed take will come
- Stressful from situations run away Autogen training methods learn _ Per day at least seven to eight hour that you are sleeping trust harvest do it

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