

Tinnitus How to break the vicious circle



Beltone

tinnitusbreaker™

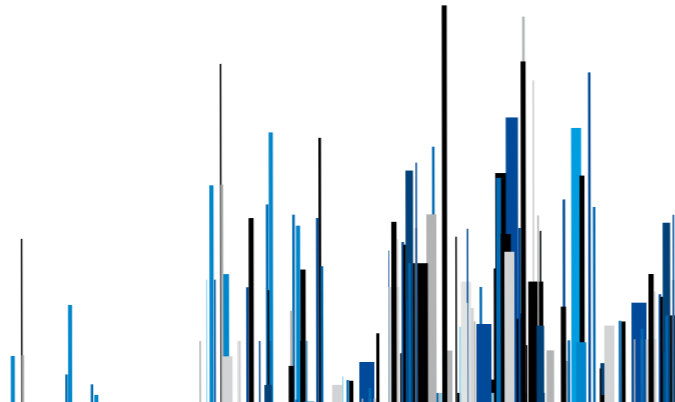
 *Beltone*

You are not alone

Between 10-15 percent of the population suffer from some degree of tinnitus, with more than half affected in both ears.

In the United States alone, it is calculated that about 12 million people a year seek medical advice for this condition. For many of them, leading a normal life is impossible.

Read on to get a better understanding of what tinnitus is and how your clinician can help you find relief from it with the Beltone Tinnitus Breaker.



**Millions
of people suffer
from tinnitus**

What is tinnitus?

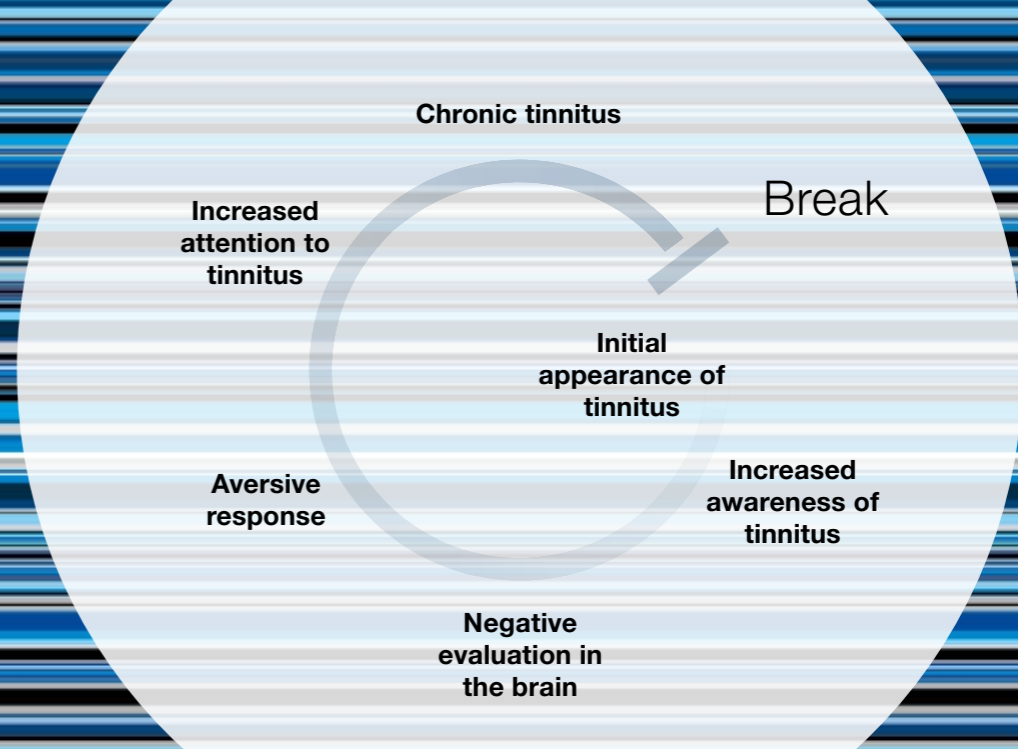
Your brain can't help it

Tinnitus is an involuntary sound perception originating in your head. Although the tinnitus sounds can be perceived as quite loud, objective measurements show that they are often fainter than the sound of a leaf falling to the ground. Yet they can be intolerable.

As you notice the tinnitus sound and start paying attention to it, you can trigger a strong, negative emotional response. A vicious circle is created where you pay even more attention to the tinnitus, and your brain loses its ability to filter out the irrelevant noise before it reaches your consciousness.

Tinnitus can have many causes including hearing loss, exposure to loud sounds, an ear infection or stress. In the vast majority of cases, however, it is not related to any serious physical condition. Tinnitus is a perception in the brain, and although it can cause great distress, it can also be treated.

Tinnitus can become a vicious circle where the more attention you pay to the sound, the worse it gets. But with the help of the Beltone Tinnitus Breaker, you can find relief.



How can you get relief?


You can help your brain

With a combination of counseling and acoustic therapy using the Beltone Tinnitus Breaker, your clinician can help you find relief. The objective is to retrain your brain's ability to filter out irrelevant

noise. Using the Beltone Tinnitus Breaker, you gradually reduce your focus on the tinnitus sound and regain control over your life. With acoustic therapy, you can forge a new path in the way your brain responds to tinnitus and eventually reduce the negative perception and related feelings of frustration.

"It's been such a great experience to learn that tinnitus sits in the brain and that I could actually have an effect on it."

Beltone Tinnitus Breaker customer



**Try not
to focus on
the persistent
sound**

What is acoustic therapy?

The Beltone Tinnitus Breaker generates a low-volume white noise, which makes the distressing tinnitus noise less noticeable and starts retraining the brain to filter out the tinnitus sound.

As the brain gradually adjusts to a higher level of acoustic activity, the tinnitus signal is perceived as less important and gradually your mind pays less attention to it.

If you find it tiring to listen to constant white noise, the Beltone Tinnitus Breaker also offers sound modulation – a unique new feature in tinnitus treatment that increases your comfort. With this feature, you hear sounds reminiscent of a gentle wind blowing in the trees.

"The sound is extremely pleasant, like a breeze rushing through the leaves of trees."

Beltone Tinnitus Breaker customer

It's like turning on the light

Think of tinnitus as a candle in a dark room. The light from it naturally draws your attention. Suddenly someone flicks a switch, and the room is bathed in light. Now the light from the candle becomes insignificant, and you can more easily concentrate on other things in the room.

The idea behind acoustic therapy is to decrease the contrast between the tinnitus sound and the acoustic environment you are in by "turning on the light."



What is it like to wear the Beltone Tinnitus Breaker?



You can choose between various models to suit your preferences. All models fit perfectly either behind the ear or in the ear canal. To increase your comfort, some models can be fitted open to ensure that sounds come through undisturbed.

How long should you wear the instruments at a time?

To make your tinnitus treatment as efficient as possible, you should wear the Beltone Tinnitus Breaker eight hours a day. It is important to wear it in situations where you normally experience the tinnitus sound. This way you will optimize your

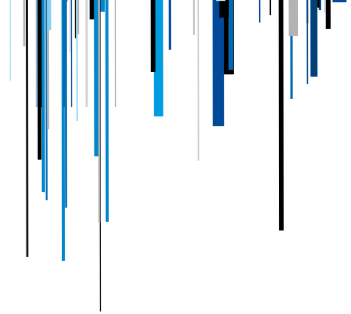
chance to retrain your brain to filter out the tinnitus. While improvements can occur in one to two months, most people will actually experience a deterioration during the first weeks of wearing the Tinnitus Breaker. This is due to the fact that you invariably focus more on your tinnitus, listening for the results of the treatment.

On the other hand, most people will experience some habituation within the first six months. A treatment that is successful in the long term, however, can necessitate supervision for a period of 12 months or more.



"It's really relaxing to use, like the sound of silence."

Beltone Tinnitus Breaker customer



Everybody has the right to good hearing

Beltone was founded on the act of helping a friend to enjoy life more. Since 1940, we have provided knowledge, tools, service and training to the professionals servicing the hearing impaired. Beltone makes quality hearing care available to more people. To do so, we develop technically optimal hearing solutions without ever losing focus on the individual's needs. It is our belief that no individual should be denied the possibility of an improved life with better hearing.