



# What is Tinnitus?

Tinnitus is commonly described as a ringing, buzzing or hissing sound in the ears. However, it's not just an external noise—tinnitus is a perception of sound without an external source. While it may seem like a minor inconvenience to some, it can significantly impact daily life for others.

If you are experiencing tinnitus, our providers at Carolina ENT can help you understand the condition and manage your symptoms.

## ***What Causes Tinnitus?***

There's no one-size-fits-all cause for tinnitus. Potential causes include:

- Exposure to loud noises
- Earwax buildup or fluid in the ear
- Age-related hearing loss
- Certain medical conditions or medications

## ***Managing Tinnitus Effectively***

At Carolina ENT, we specialize in helping patients manage tinnitus with personalized care. Options may include lifestyle adjustments, sound therapy or advanced treatment strategies. Tinnitus retraining devices are a newer option that has helped many patients by utilizing relaxing sounds.

## ***Find Relief Today***

If you're experiencing tinnitus, our team can help you uncover its cause and develop a plan tailored to your unique needs and lifestyle.

**Take the first step toward relief today and call  
(828) 322-2183 to schedule a consultation.**

# Why a Tinnitus Evaluation Matters

If you're living with tinnitus's constant ringing, buzzing or hissing sound, determining its cause is the first step to finding relief. A thorough evaluation helps uncover the root issue so personalized solutions can be developed.

## HOW A TINNITUS EVALUATION WORKS

At Carolina ENT, our tinnitus evaluations are designed to give you clarity. During your visit, we may explore several factors, including:



*A detailed review of your medical and hearing history*



*A physical examination of your ears*



*Comprehensive hearing tests*



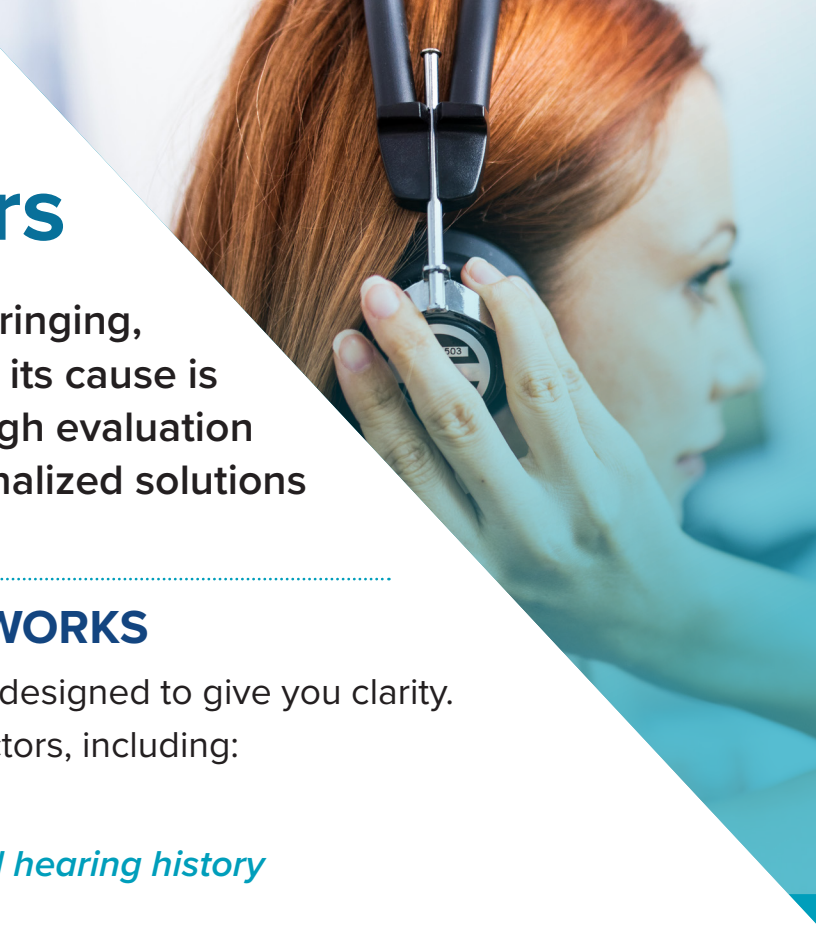
*Questions about your lifestyle and tinnitus triggers*

This detailed approach allows us to assess your condition and create a plan that fits your needs.

## TAKING THE NEXT STEP

Tinnitus can result from underlying issues like hearing loss, earwax buildup or even stress. Pinpointing the cause is key to effective management. At Carolina ENT, we combine expertise with advanced diagnostic tools to help you gain control over your hearing health and manage tinnitus with confidence.

**Call (828) 322-2183 to contact our providers  
and get started with a personalized care plan.**





**CAROLINA**  
EAR NOSE & THROAT  
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## How Hearing Aids Help with Tinnitus

For many, tinnitus—the persistent ringing, buzzing or hissing sound in the ears—can significantly impact daily life. Hearing aids are a powerful tool for managing tinnitus by addressing sound perception and hearing loss.

### *Benefits of Hearing Aids for Tinnitus*

Hearing aids are designed to amplify external sounds, which helps reduce the focus on tinnitus. They provide relief in several ways, including:

- **Masking tinnitus noises with background sound**
- **Improving overall hearing to reduce strain**
- **Enhancing your ability to engage in conversations and activities**

Modern hearing aids often include tinnitus management features like sound therapy, white noise options or additional relief.

### *Find Relief with Carolina ENT*

At Carolina ENT, we understand that tinnitus and hearing loss affect everyone differently. That's why we start with a thorough evaluation to recommend hearing aids best suited to your needs. Whether you experience mild tinnitus or more severe symptoms, our tailored solutions put you on the path to relief.

**If tinnitus is impacting your life, we're here to help. Call (828) 322-2183 to schedule a consultation with our team to explore how hearing aids can work for you.**



Here are a few other websites our audiology team recommends if you're looking for credible, up-to-date information about tinnitus.

### **Carolina Ear, Nose and Throat**

Visit our website to learn more about tinnitus symptoms and management options, and to schedule an appointment with one of our providers.

***[www.carolinaearnosethroat.com](http://www.carolinaearnosethroat.com)***

### **American Tinnitus Association**

This organization promotes relief, prevention and finding cures for tinnitus.

***[www.ata.org](http://www.ata.org)***

### **American Speech-Language-Hearing Association**

This national professional, scientific and credentialing association for speech and audiology professionals strives to promote accurate information about disorders like tinnitus.

***[www.asha.org/public/hearing/tinnitus](http://www.asha.org/public/hearing/tinnitus)***

**Thank you for trusting Carolina ENT with your care.  
If you need support for concerns about tinnitus,  
please get in touch with us today!**

**[www.carolinaearnosethroat.com](http://www.carolinaearnosethroat.com)**

**(828) 322-2183**

#### ***Three convenient locations***

##### **Hickory**

304 10th Avenue NE  
Hickory, NC 28601

##### **Lincolnton**

1446 Gaston Street, Ste. 101  
Lincolnton, NC 28092

##### **Morganton**

149 W. Parker Road, Ste. C  
Morganton, NC 28655



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