#### **Educational White Paper Special**

## This month, we want to focus on educating our community about Tinnitus!

It is currently estimated that nearly 50,000,000 American adults live with Tinnitus. Tinnitus is simply described as the experience of hearing a sound in your ears, sometimes in your head. Tinnitus is also experienced by approximately 80% of people living with hearing loss. Some people only notice their Tinnitus in a quiet room, whereas many others experience the sound all day long – and it can interfere with daily life. In some people, the sound can cause depression, anxiety and affect concentration.

The most common cause of Tinnitus is damage to the sensory organ of hearing, the cochlea (i.e. the inner ear). The cochlea is to hearing, what your eyes are to vision. Within the cochlea are tiny 'hair-like' cells called hair cells. When these cells are damaged, the nerves that connect the hair cells to the brain (and give us the ability to hear) become permanently damaged, and often times the ringing will ensue.

## **BHC NEWSLETTER**

905-790-7342

Jul 2024 Issue

## UNDERSTANDING TINNITUS: TRIGGERS

For many patients, the ringing can be virtually undetectable until a certain 'trigger' ramps up the volume of the sound. Below is a list of the most common triggers patients report as influencing their Tinnitus:

- Excessive use of Alcohol or Recreational Drugs
- Loud Noise
- Caffeine
- Nicotine
- Aspirin
- Antibiotics
- Stress



Contact us today to schedule your Tinnitus Treatment

905-790-7342 info@bovairdhearingclinic.ca

hearing care with a personal touch!

# PREVENTING DECLINE S U M M I T



Danielle Farrell Public Education Coordinator Alzheimer Society Peel

Ripley McIntosh Programs & Partnerships Coordinator Alzheimer Society Peel



AGENDA September 25th, 2024 10:00am - 1:30pm



### **Limited Seating - RSVP REQUIRED**

To reserve a seat please call 905-790-7342 or email info@bovairdhearingclinic.ca to register

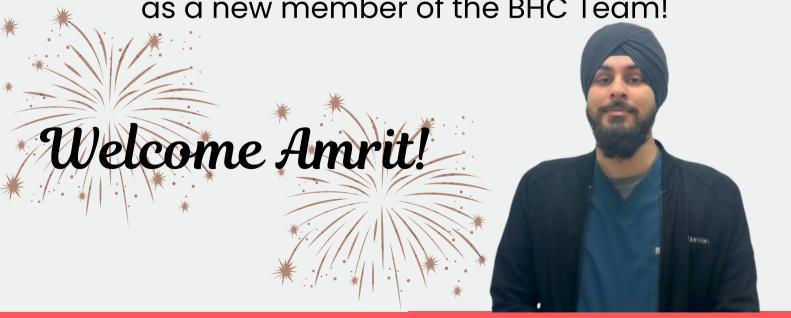


#### **Introducing Amritbir Gill!**

Amritbir joined us at Bovaird Hearing Clinic this past spring, and we want to formally introduce him to our patients who haven't yet had the pleasure to meet him!

Amritbir is a recent graduate from George Brown College, specializing as a Hearing Instrument Specialist. He works with our team as an extension of the *Bovaird Hearing Clinic* standard that you're accustomed to.

You can look forward to seeing him at your next visit, as a new member of the BHC Team!



Amritbir Singh Gill H.1.S.