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Subject: Re: Coping With Tinnitus

Posted by [sammi40](#) on Tue, 19 Jan 2021 21:41:50 GMT

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Yes! It's been getting more and more noticeable over the last six months. It is slowly driving me crazy! I have always and still do listen to my music too loud! I have noticed that when I am wearing earbuds I don't notice it very much. I'll have to try a white noise machine.

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