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Subject: Coping With Tinnitus

Posted by [KalebTheAudioGuy](#) on Mon, 28 Dec 2020 21:10:02 GMT

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Does anyone else have tinnitus, and what have you found works well for relief? I have had it for several years, and it's maddening. I blame it on my blasting music in the car when I was in high school.

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Subject: Re: Coping With Tinnitus

Posted by [Rusty](#) on Tue, 29 Dec 2020 15:10:34 GMT

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I just take it in as another insult to the aging process. Caused like you, loud music, but of the live variety. I've had some sinus issues lately and I noticed yesterday that if I shake my head, I get a tone that sounds like a farfisa organ note sort of. Maybe I could learn to shake my noggin to make the sound of the farfisa from the song 96 Tears by ? & the Mysterians back in the 60's. Just carry on old chap.

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Subject: Re: Coping With Tinnitus

Posted by [grindstone](#) on Tue, 29 Dec 2020 16:34:41 GMT

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I can remember a survey from either the asylum or the Joelist but it was surprising how many audio hobbyists had it. Mine seems to make me hypersensitive to (sibilants?) maybe six and a half kilohertz. And yes, youth is wasted on the young indeed.

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Subject: Re: Coping With Tinnitus

Posted by [Raymond](#) on Fri, 01 Jan 2021 00:28:47 GMT

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My dad had tinnitus and it was a huge issue in his life. He tried a white noise machine and it helped him a bit. When he got hearing aids, he said that it helped with his tinnitus. Also, I've read that there are some medications that can be helpful for some people.

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Subject: Re: Coping With Tinnitus

Posted by [KalebTheAudioGuy](#) on Sun, 03 Jan 2021 06:43:07 GMT

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Thank you all for your support and for your suggestions for relief. I've been trying a white noise machine these last few days. The machine has been helping a lot. Thank you again everyone :)

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Subject: Re: Coping With Tinnitus  
Posted by [Leot55](#) on Thu, 07 Jan 2021 03:08:22 GMT  
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I had it for several months and it turned out to be a symptom of high blood pressure. Once I started taking medicine for my blood pressure the ringing in my ears went away. It might be worth a health check just to see if it can be sorted.

I'm surprised that a white noise machine is recommended. Does the decibel level matter? Does it eventually make the ringing go away permanently or is it more about being able to cope with the tinnitus by drowning it out?

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Subject: Re: Coping With Tinnitus  
Posted by [KalebTheAudioGuy](#) on Wed, 13 Jan 2021 05:56:57 GMT  
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I'll ask about it at my next doctor's appointment, Leot55. I assumed it was caused by the music I listened to and it didn't even dawn on me that it might have another cause.

The white noise machine drowns out the noise caused by the tinnitus. It doesn't the noise go away per se. It simple masks it.

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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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