Recent publications (selected list):
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Tinnitus is a perception of hearing noise or ringing in the ears or in the head without any external source. There are approximately 50 million people in the US who have reported tinnitus. Our office provides sophisticated and multidisciplinary treatment / management options for individuals with this often debilitating condition which includes the following protocols:
1. Comprehensive Tinnitus Evaluation (may include tests for hyperacusis and misophonia)
2. Tinnitus Counseling, Modified Cognitive Behavioral Therapy and Sound Therapy
3. Multidisciplinary Team Treatment
4. Supplemental and Nutritional Tinnitus Advice
5. Tinnitus Habituation, Activity & Retraining Therapy
6. Acoustically Engineered Custom-made Sound Therapy Applications
7. Neuromonics, Desyncra & Neuromodulation Tinnitus Treatments
With estimates of 10 in 100 of Americans suffering from ringing in the ears or tinnitus, it is a problem that simply cannot be ignored. While virtually everyone experiences at least one episode of tinnitus in their lifetimes, many wage a daily battle with this condition that disrupts daily activity and sleeping patterns. Perhaps you are one of these individuals? If so, how often have you heard from others (even some physicians) that ‘you have to live with it’. Have you raised the white flag in surrender and given up any hope that tinnitus is a manageable condition?

Tinnitus is manageable, and help is possible. While there is no one quick fix to this dilemma, several options are available for those motivated to begin the path to relief. The precise origin of this internal noise is still being explored in the medical world. However, several factors have been documented to contribute to tinnitus. Head trauma, noise exposure, medication side effects, and accumulative aging factors are some of the causes suspected.

Common causes of tinnitus:
- Noise exposure
- Ototoxic medications and agents
- Head trauma
- Hearing loss
- Presbycusis
- Thyroid malfunction
- Diabetes
- Meniere’s Disease
- Otosclerosis
- Acoustic Neurinoma
- Vitamin Deficiencies
- Middle ear infections

Exacerbating Factors:
- Anxiety
- Depression
- Fatigue
- Stress

After an extensive case history, we will have you answer some brief questionnaires in an effort for us to better understand how tinnitus affects your life. While we employ a battery of routine audiological testing to assess your hearing sensitivity, we also go further and attempt to try to understand the characteristics of your tinnitus. Additionally, we utilize psychoacoustical and electrophysiological measures. Such tests will provide more detail as to the type of sounds you may be perceiving, and how we can go about assisting you in effectively managing the annoyance.

Solutions to the problem of tinnitus are achievable! After we discuss the results of the tests and learn as much as possible from you about the problem, a variety of methods may be implemented. Strategies ranging from counseling and cognitive behavioral therapy to the use of special instruments and supplements can work toward our goal of combating tinnitus disruption.

Using scientific and clinically proven evidence-based approaches, our team of tinnitus experts will design a therapeutic model for your tinnitus management which will help you to achieve an effective control over your tinnitus.

Our clinicians are additionally experts in decreased sound tolerance disorders such as hyperacusis and misophonia. Many of those who suffer from tinnitus may also have decreased sound tolerance disorders. Our management plan will address both conditions.

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Current neuroimaging studies show tinnitus-related activities in a variety of cortical and subcortical regions.