What happens during the individual tinnitus appointment?

During your appointment, you will meet with the tinnitus audiologist who will take a detailed history and may perform a diagnostic hearing evaluation. Together you will discuss the management options best suited to your needs including sound therapy devices. You will also have time to ask the tinnitus audiologist any questions you have about tinnitus, hearing loss and decreased sound tolerance. The initial appointment is 1 to 1½ hours long. The cost of this assessment is $75.

Follow-up appointments are booked to monitor progress and to ensure that the management plan is working well for you and does not require any adjustments. These appointments are between 30 minutes to 1.5 hours long. We are able to accommodate out-of-town patients by arranging some of the follow-up appointments as phone follow-ups.

What do I need to bring to my appointment?

Please bring the following items to your appointment:

- Our office will mail or give you a tinnitus questionnaire. Please bring the completed questionnaire to your appointment.
- Any hearing aids or instruments that you use
- A list of any medications and supplements that you are taking

You are welcome to bring a family member or friend to your appointment.

Tinnitus Information

Tinnitus is most often described as high-pitched ringing but can also take the form of a buzzing, hissing, pulsing, whistling, roaring, or various other sounds.

As many as 360,000 Canadians suffer from annoying tinnitus and nearly half of those experience it to such a degree that it significantly affects their quality of life. Many tinnitus sufferers have difficulty sleeping and/or concentrating. Tinnitus does not cause hearing loss, but it may accompany decreased hearing.
The tinnitus centre provides specialized assessment and tinnitus care for those suffering from persistent, bothersome tinnitus and/or hyperacusis (reduced sound tolerance). Tinnitus clinic participants undergo audiologic evaluation, followed by group or individual education, counselling and sound therapy provided by an audiologist trained in Progressive Tinnitus Management and Tinnitus Retraining Therapy. Treatments are aimed to lessen the impact of tinnitus on daily life. Participants require physician referral so that causes of tinnitus that might be addressed medically are ruled out.

The centre’s tinnitus management program is an evidence–based, clinically proven strategy to assess and manage tinnitus. It consists of 4 levels of hierarchical multi-disciplinary services based on individual needs.

For more information on tinnitus, please visit our website at http://lakesidehearing.com/tinnitus/