

Tinnitus: phantom sensations of present & future

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Tinnitus, the perception of sound in the absence of an external sound, usually results from a disorder. Tinnitus can occur in children and prevalence increases with age. Tinnitus can take the form of continuous buzzing, hissing, or ringing, or a combination of these or other characteristics. It can be heard in one or both ears, but it can also be referred to the head. Tinnitus is the perception of pitch or noise in the absence of a corresponding auditory stimulus, experienced as one or more acute episodes by 25% of the adult population. The tiny hair cells of the cochlea are damaged, for example through certain drugs, noise exposure or as part of the aging process, the cochlea becomes less good at discriminating sounds and hearing is affected. Damaged hair cells in the inner ear may be a cause of tinnitus. Tinnitus patients, which can lead to sleep disturbances concentration problems, fatigue, depression, anxiety disorders, and sometimes even to suicide. Most common cause of tinnitus: hearing worsens with age, excessive noise exposure, Excessive ear wax, otosclerosis, Meniere's disease, Hypertension and factors & Medications. No objective test is available for most tinnitus cases; the evaluation of tinnitus always begins with a thorough history and physical examination. All patients with tinnitus can benefit from patient education and preventive measures. Benzodiazepine use for subjective tinnitus does not have a robust evidence base. Clonazepam is a very useful and safe drug for the symptomatic treatment of patients suffering from cochleovestibular disorders.

Reference: Suresh R. Tinnitus: phantom sensations of present & future. *GCC Journal of Science and Technology* 2015;1(2):31-38 [Available at: <http://ejpli.at.ua/PDF005.pdf>]