Try something again. A treatment that didn’t work the first time might work the second time. And for many patients, a combination of therapies is more effective than a single therapy.

STEP #6
TAKE CARE OF YOURSELF.

◆ Use hearing protection (earplugs or earmuffs) in noisy surroundings. Excessive noise exposure can worsen tinnitus.
◆ Learn how you relax best. Exercise, yoga, meditation, and environmental audiotapes (rainfall, ocean waves, etc.) can promote relaxation and reduce fatigue. You might find that the tinnitus is better tolerated when you are relaxed.
◆ Get sleep. Many people are able to fall asleep by listening to FM radio static, an electric fan, or a bedside masker. Caffeine, alcohol, cigarettes, and some drugs can interfere with falling or staying asleep.
◆ Be patient with the therapy you are trying. Many therapies require an investment of time to be effective.

STEP #7
PARTICIPATE IN ATA’S SUPPORT NETWORK

Those who successfully adapt to their tinnitus are often those who learn as much about tinnitus as they can, who keep busy with hobbies and work, and who regularly use a support network. ATA’s national support network can provide understanding, practical information in local groups, and via e-mail, telephone or letter. If you are interested in joining a tinnitus support group or would like a listing of help network volunteers, contact ATA.

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IF YOU HAVE TINNITUS
THE FIRST STEPS TO TAKE

AMERICAN TINNITUS ASSOCIATION
COMMITTED TO A CURE

P.O. Box 5
Portland, OR 97207-0005
TF: (800) 634-8978
T: (503) 248-9985
F: (503) 248-0024
E: tinnitus@ata.org
www.ATA.org
IF YOU HAVE TINNITUS — THE FIRST STEPS TO TAKE

Up to 16 million Americans have severe tinnitus — a chronic ringing or other distressing noise in the ears or head. Although there is no cure, there are treatments that can help. Many people with tinnitus are unaware that useful treatments exist.

If you are interested in a treatment program but are uncertain how to access appropriate care, the following steps can help you through the process.

STEP #1
TAKE NOTE OF THE DETAILS SURROUNDING THE ONSET OF YOUR TINNITUS.

Were you using a new medication when it first began? Were you injured or exposed to excessive noise right before it started? Is the tinnitus in one ear, both ears, or perceived to be somewhere in the head? Does it fluctuate or is it constant in tone? Do you have a hearing loss? These are valuable pieces of information that can potentially lead your health care provider to a solution and you to relief.

STEP #2
VISIT A MEDICAL DOCTOR.

There are several physiological causes of tinnitus such as high blood pressure, an underactive thyroid, excessive ear wax, and in rare cases a tumor on the auditory nerve. Control of these medical problems can bring tinnitus relief.

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**IF YOU HAVE TINNITUS**

**THE FIRST STEPS TO TAKE**

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**IF YOU HAVE TINNITUS**

**WHAT DO YOU DO?**

- Find a medical doctor.
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TF: (800) 634-8978
T: (503) 248-9985
F: (503) 248-0024
E: tinnitus@ata.org
www.ATA.org
Innovative Research – the Cornerstone of Progress

ATA, founded in 1971 by Drs. Jack Vernon and Charles Unice, funds and supports research to find a cure for tinnitus. Scientists believe, more than ever, that a cure is possible—and ATA is keeping a steady eye on the prize. ATA funds cutting-edge research that has led to major scientific breakthroughs in understanding the brain’s involvement in tinnitus. These investigations have also led ways to explore, and sometimes identify, causes, innovative treatments and potential cures.

Steps for Tinnitus Sufferers

• See your health care professional to rule out any physical causes.
• Visit a qualified audiologist or other health professional who specializes in treating tinnitus.
• Learn about treatment and management options. Examples include sound and vibration therapy that may distract tinnitus, hearing aids, conventional and natural medications, relaxation techniques and counseling.*
• Become involved in choosing a plan tailored to your needs.

Become Part of the Search for a Cure

Help fund a cure for tinnitus by sharing with ATA the means and encouragement to continue our crucial work to:

• Fund tinnitus research.
• Keep members and donors up to date on research findings and management strategies through our magazine, Tinnitus Today, ATA.org, brochures and other communications.
• Advocate on behalf of the tinnitus community with regional and national leaders.
• Provide resources to tinnitus sufferers and their families and friends.
• Maintain a database of tinnitus health professionals and support contacts.

We Live in a Noisy World

Noise exposure is the most common cause of tinnitus. Sports arenas, battlefields, concerts, construction sites, train platforms and MP3 players all produce high volumes.

Innovative Research —
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An opportunity to make a difference

• Become involved in choosing a plan tailored to your needs.
• Take your personal tinnitus health inventory.

Leadership and Vision in the Tinnitus Community

ATA is a leader in the effort to find a cure for tinnitus. No other organization in the United States dedicates its time and resources so meaningfully to bringing together tinnitus researchers, health care professionals, government agencies and lawmakers. At the core of this community are the estimated 50 million Americans who have tinnitus, males and females of all ages, including up to 16 million who suffer severely enough to seek medical care.

Vital to ATA’s success are those who support and encourage our organization. Their vision sustains our work and motivates our extraordinary efforts.

Together, we’ll silence tinnitus forever

Join by using this form, or donate online at ATA.org, please note:

Name
City _______ State ________ Zip ________
Country ________ Telephone ________ E-mail ________

For a yearly $42 contribution you will receive three hard copy issues of Tinnitus Today and other member benefits. A yearly $45 contribution includes access to Tinnitus Today online only. Dues of $100 or more also receive recognition in DirectLink, Tinnitus Today and on our website.

Enclose is my contribution.
Please send us the free information about ATA services for people with tinnitus.

Donation amounts and designations:

$140 – Member $1,000 – $2,999 Benefactor
$350 – Online only $1,001 – $2,999 Principal Investigator
$500 – Friend $1,000 – 4,999 Research Advocate
$1,000 – Patron $2,000 – 4,999 Research Scholar
Monthly amount $ _________________

Total enclosed $ __________________
Remit enclosed $ ________ (U.S. funds only)

Method of payment:

I’ve enclosed my check, payable to ATA.

I will pay monthly

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The American Tinnitus Association understands tinnitus

... is the perception of sound when no external source is present. For some people, tinnitus is just a nuisance. For others, it is a life-changing condition.

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ATA.org
Visit our website to learn more about:
• Treatments, resources, management tools and helpful articles.
• Past and current ATA-funded research.
• ATA and tinnitus research in the news.
• The many ways to become involved.
• The generous volunteers who govern ATA.
• Our professional staff.

The American Tinnitus Association exists to cure tinnitus through the development of resources that advance tinnitus research.

If you hear noises in your head or ears – ringing, crickets, whooshing, buzzing and even chirping – you know what tinnitus is! It’s the subjective perception of sound when there is no external source. It can be a highly stressful, life-changing condition.

ATA knows it is hard to live with a noise that never stops. People with severe tinnitus often have trouble sleeping, concentrating, working and enjoying everyday activities. They feel anxious and depressed. Sometimes, their dearest relationships suffer. All because of the inescapable, relentless racket in their ears or head.

Serving the tinnitus community. Supporting innovative research. Generating hope.