

Dear \_\_\_\_\_


## **Tinnitus Referral - Ear, Nose and Throat (ENT) Department**

Your General Practitioner (GP) has been in touch with us regarding abnormal noises (tinnitus) that you have been experiencing in one or both ears.

We would like to reassure you that this awareness of noise in your ears is very common and most people experience this at some point in their life. For some however, the experience can be intrusive and distressing.

We have included a leaflet on managing the noise that we hope you find beneficial. Whilst there are no medical or surgical treatments we can offer to alleviate the noise, we would recommend a hearing test if you feel your hearing is reduced. A hearing aid for those with hearing loss can help in 'blanking out the noise' during the day.

**If you feel your hearing is reduced please contact us on the following number to arrange an appointment for a hearing test:**


 **0141 211 8274 /or 0141 211 8272**

The majority of patients experience the noise in both ears but a small number will be aware of it in only one ear. For patients who have the abnormal noise in only the one ear we again would recommend a hearing test and following the hearing test we sometimes perform scans to examine the hearing and balance nerve on the affected side or look for other causes of reduced hearing in one side.

**If you have tinnitus in only one ear please call this number to arrange an appointment:**  **0141 211 8274 /or 0141 211 8272**

From time to time people can be aware of their own pulse in their ear. It is normal for this to occur occasionally or if you have a cold. If the noise is persistent you should discuss with your GP to make sure it is not due to high blood pressure or other abnormality.

It is important if you feel you have underlying depression and or anxiety issues that you discuss these with your GP.

**For further advice or assistance with managing your tinnitus please contact us to arrange an appointment:**  **0141 211 8274 /or 0141 211 8272**

Additional information can be found on the British Tinnitus Association website

 <http://www.tinnitus.org.uk/>

**Thank You**

**ENT and Audiology Department**