

# **Noise 24 hours a day**

**Tinnitus is noises in the head, not related to any psychiatric condition. The noise can be heard anywhere in the head or in one or both ears.**

Imagine a constant ringing, buzzing or whistling in your ears, 24 hours a day. It is called tinnitus. You never get a break. It is always there. Nobody else but you can hear the noise because it does not come from any external source. Although you are the only person who can hear the noise it is not a result of your imagination.



Almost all of us experience tinnitus temporarily; perhaps for a few hours after a concert or any other occasion where our ears are subjected to noise.

Tinnitus becomes a problem when this noise persists and/or increases. Normally, the ringing in the ears will disappear, but it may also become permanent. The majority of people who suffer from tinnitus find it very disturbing and uncomfortable.

## **More young people**

Tinnitus is common in people over the age of 40, but is becoming increasingly prevalent in younger people, as well, because of increased daily noise levels, including those caused by the unrestrained use of MP3s, iPods and other personal stereos.

Although tinnitus is more common among people who suffer from hearing loss, anyone can suffer from tinnitus. It is also possible to suffer from major hearing loss without contracting tinnitus at all.