

Tinnitus affecting love life

Tinnitus can present severe challenges for many couples. Many people experience a reduction in sexual drive. Openness and proper counseling may provide solutions to most of the problems.

Initially, tinnitus may severely affect your personal life and relationships. “The sound of tinnitus affects everything, causing fear and further vulnerability. This drains you of energy and affects your attention to your partner, your regular leisure pursuits, etc”. A study found that 41% of tinnitus sufferers had trouble in their relationship:



- 27 percent found that their problems stemmed from decreased sex drive due to their tinnitus
- 39 percent complained about a lack of understanding in their partners for their conditions
- 78 percent found that their relationships were affected by tinnitus related stress.

However scary, suffering from tinnitus does not have to stop you from living a good life and enjoying happy relations with your spouse or partner.”Just talking about it makes it easier for both parties to focus on the problems. Putting your feelings in words is the first step towards releasing some of the tension, and little by little you will become better at understanding the feelings and thoughts that have caused problems in your relationship, until the two of you together can deal with the problems. But both of you must participate for this to work. If one is reluctant, nothing can be done,” said Jette Fischer a Danish researcher.

Besides openness about your tinnitus, treatment strategies, such as Tinnitus Retraining Therapy (TRT) may also be of great help in coping with the endless ringing and hissing in the ears.

Call (239) 992-HEAR (4327) for more details.