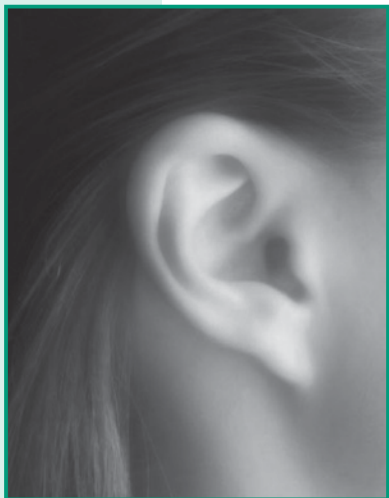


Consultation &
Retraining Therapy
Tinnitus



Tinnitus

ENT

™

EAR, NOSE & THROAT
ASSOCIATES, P.C.

Practicing Excellence.

Setting the Standard.

Tinnitus Consultation

A tinnitus consultation with an audiologist consists of a comprehensive interview to identify specific complaints and to determine the emotional and functional impact of the tinnitus. When necessary, the audiologist will determine various management strategies in order to recommend an individualized program for managing your tinnitus.

Environmental sound machines are also available for demonstration and purchase.

The tinnitus consultation will take approximately two hours and cost \$226. This cost is covered by many third-party insurers; payment is due when services are rendered. An additional \$90 charge is required for each additional visit. Typically, a followup visit is scheduled 2-4 weeks after the initial consultation and then a 6 month followup after that. The necessity for any further followup appointments will be decided upon by the audiologist and patient as needed.

Tinnitus Retraining Therapy

Tinnitus Retraining Therapy (TRT) is a habituation-based evaluation and treatment program that incorporates a tinnitus evaluation and directive counseling to neutralize how the brain views the tinnitus signal, and sound therapy to interfere with the tinnitus signal.

The directive counseling takes approximately two hours. The function of the ear, the mechanisms of hearing and the presumed cause of the tinnitus is explained. Other social, emotional, and stress-inducing factors are discussed. Damage to the inner ear may cause the nervous system to "turn up the volume" making the tinnitus more noticeable. This increased volume in the nervous system is "turned down" by using constant low-level noise generated either by ear level devices or hearing aids (in the case where hearing loss is also present) which amplify low-level environmental sounds. The noise is not meant to mask (drown out) the tinnitus; rather, it provides a constant signal to compensate for a damaged inner ear. The concepts used in TRT are based on the neurophysiological model of tinnitus as described by Pawel J. Jastreboff, PhD, ScD, in 1990. Noise generators (or hearing aids if hearing loss is present) would be an additional \$495 or more. The total course of therapy may require as long as two years to complete.



Audiology

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