

What Causes Tinnitus?

For any tinnitus sufferer, it can be overwhelming to try and stop the ringing. When doctors tell you that there is only so much you can do, and stress becomes a major setback, life just doesn't seem fair. Often patients fear the worst and begin to feel like there is no way out for this problem. It also is extremely frustrating when you know that only you can hear the overpowering sound, yet no one else around you can.

For any person who suffers from Tinnitus, it is important that you recognize how you acquired it. Many people do not learn as much as they can about this condition, because they feel like it is no use. However, it is extremely imperative that you learn as much as you can about the disease and what causes it. This may help you start coping with what you have, regardless of how frustrated you feel.

There are actually two different types of Tinnitus.

Objective Tinnitus is when other people around you can also hear the noises. This may make patients feel a little bit better, since they know they aren't going crazy. Unfortunately, this is an uncommon type of Tinnitus, and generally the majority of people do not have this kind.

Subjective Tinnitus, on the other hand, is when an individual only experiences these isolated sounds. No one else can hear the ringing, and it becomes a difficult situation to treat. At least with Objective Tinnitus, other people can hear what you are hearing.

While there are two different kinds, both usually stem from many different sources. For many sufferers, it stemmed from a traumatic event. If you were present during loud gunshots or a massive explosion, chances are your hearing would be damaged. When nerve endings become harmed, ringing usually starts to bother the patient. Serious accidents can also be a factor for Tinnitus patients. For instance, if you were in a car accident and had tremendous head injuries, you could also end up with this ringing sensation.

Unfortunately, there are hundreds of different factors and reasons why this disease occurs. It could be as simple as buildup wax. Nonetheless, it usually means that there is a more serious issue lying underneath.

Tinnitus has also been linked to Thyroid problems. If your Thyroid begins to produce too much of the substance, it will begin to bother your other organs. While your heart beat begins to increase, patients may also hear a ringing or piercing pulsating noise in their ears. For others, a B12 or Vitamin A deficiency could be the problem.

Due to the fact that Tinnitus is caused by hundreds of different factors, it can be difficult to treat. After all, how can a Doctor treat a predicament when they can not trace the cause of the disease? Senior citizens often suffer from hearing loss, while others actually have heart problems and Tinnitus is only a symptom within another disease.

With all of these potential factors, it is frustrating for medical professionals and patients alike to move forward. Luckily, with medicine and technology constantly improving, better treatment will be in attendance in no time.

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About the Author

Mark Goeder-Tarant lived under the spell of Tinnitus for almost 6 years before realizing that only HE held the key to success. He is now dedicated to supporting and helping other Tinnitus victims. The e-book "My Best Friend Tinnitus" can be found at his own site <http://www.tinnitus-online.com>