



# Tinnitus

## A 24 hour a day problem – **IS THERE A 24 HOUR A DAY SOLUTION?**

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Dr Jeffrey Shannon with  
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Various studies estimate that 10 to 15 percent of the adult population experiences chronic tinnitus.(1) When patients come to our office for a tinnitus evaluation, they want answers....and relief.

For many of our patients, their tinnitus annoyance is significantly reduced when appropriate amplification is optimally programmed to an unnoticed, underlying hearing loss. They finally have control over their tinnitus and relief

from it. However, some patients report their tinnitus to be at its worse at night. Most hearing aids are worn daily for an average of 9-12 hours a day. So what happens for those with tinnitus for the other 12-15 hours?

The Lyric hearing aid is an extended wear hearing aid and remains the only hearing aid on the market designed to be worn 24 hours a day for months at time.

### **100% INVISIBLE**

For our patients who are “cosmetically concerned” Lyric is a great solution as it cannot be seen. Using our microscope, it is placed

4-5 millimeters from the tympanic membrane (ear drum). It’s out of sight, and out of mind.

### **CLEAR, NATURAL SOUND**

Because we place the devices deep into the ear canal, this takes advantage of the natural anatomy and acoustics of the ear for a more natural sound and ability to localize where sounds are coming from.

### **UNRESTRICTED LIVING**

Because the devices are on our patients 24/7, this allows them to keep in touch with their world and stay on top of their life. Whether it’s business meetings, a dinner out, or relaxing at home with family or friends, these devices are designed to fit effortlessly into casual and active lifestyles. One of my favorite patient comments that we often hear is “I didn’t even realize I was wearing them!” This includes while:

- ▶ **Playing sports**
- ▶ **Wearing headphones/earbuds**
- ▶ **Sleeping**
- ▶ **Showering**
- ▶ **Swimming**



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Hearing Loss**

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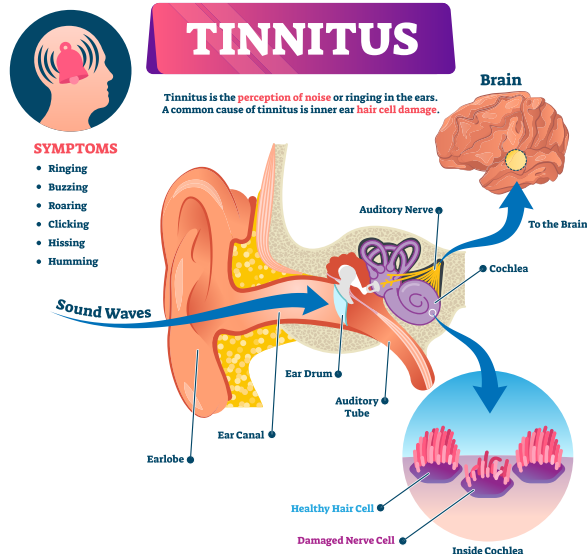
But, does wearing a hearing aid continuously (24 hours a day) provide real benefits for those who suffer from tinnitus?

## LYRIC PROVEN TO BE AN EFFECTIVE OPTION FOR TINNITUS

One of my former colleagues at the VA Center in Portland, OR where I formerly worked finally answered this question. In 2016, Dr. James Henry and his research team conducted a study comparing Lyric to a daily wear hearing aid and a daily wear hearing aid with an active noise generator (combination device).(2) The research found that the Lyric device – when properly fit and programmed, provided improvements to the negative responses to tinnitus.

## LYRIC WEARERS QUICKER TO BENEFIT AND A BETTER NIGHT'S SLEEP

In 2017, a study conducted at the University of Melbourne looked specifically at the 24/7 benefits of the Lyric hearing aid for people with tinnitus compared to daily wear hearing aids. (3) The results of the study showed that with Lyric a greater reduction in tinnitus severity was seen at one month compared to the daily wear group, which was both clinically and statistically



significant. In addition, the results did show that the Lyric group displayed a greater reduction in sleep disturbance and improved sleep quality.

The conclusion is that Lyric is an effective amplification option to be considered as part of a tinnitus management program. It also shows that the ability to wear Lyric 24 hours a day provides additional benefits, in that patients experience a significant reduction in the annoyance of their tinnitus faster with Lyric and likely a better night's sleep. This is the option of Lyric is always discussed with our patients

who have tinnitus. If you or someone you know might be interested in learning more about this technology, please contact our office at (845) 694-7805 or visit us online at HudsonAudiology.com. It's time to find relief!

(1) Hoffman, H. and Reed, G. (2004) Epidemiology of tinnitus. In: Tinnitus: Theory and Management. Lewiston, NY: BC Decker Inc., 16-41.

(2) Henry, J. et al. (2016). Randomized control trial: Extended wear vs conventional vs combination devices for tinnitus. Journal of the American Academy of Audiology. 00:1-16

(3) Power, D. (2018). Is Lyric an effective option for tinnitus? Investigating the benefits of a hearing aid that can be worn 24/7. Submitted for peer review publication.



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