

# Care Provider Options for Tinnitus

## Audiology

An audiologist is a healthcare professional that diagnoses, treats, and manages hearing and balance problems, including tinnitus. Audiologists can determine the presence of hearing loss, fit hearing aids and sound generators, and provide educational counseling to reduce the impact of tinnitus on quality of life.

Audiologists can help you if you have:

- Trouble understanding what others are saying in noisy or crowded places or in group conversations, what people are saying on the TV or movies, or people speaking softly
- Difficulty tolerating sounds that don't bother others
- Sudden or unexplained hearing loss or both
- Tinnitus that started after a specific event or exposure
- Long-term bothersome tinnitus

## Behavioral/Mental Health

A healthcare professional that diagnoses, treats, and manages emotions and behaviors. Behavioral health care providers include psychologists, psychiatrists, licensed clinical social workers, and therapists.

Behavioral therapies can help you manage the stress associated with tinnitus, reduce the attention you pay to your tinnitus, and help you live better with tinnitus.

Behavioral health care providers can help you if you:

- Feel anxious, depressed, or frustrated because of your tinnitus
- Have difficulty sleeping or feel stressed because of your tinnitus

## Dentistry

A dentist can evaluate, diagnose, and treat temporomandibular disorder (TMD) that may cause or exacerbate tinnitus.

Dentists can help you if you have:

- Jaw discomfort or pain with talking, yawning, chewing, eating
- Tinnitus that changes in pitch, loudness, and/or comes and goes with jaw movement

## Otolaryngology (ENT)

A medical specialty that diagnoses and treats problems with the ears, nose, and throat, also referred to as ENT.

ENT specialists can help you if you have:

- Ear pain or drainage
- Severe and persistent dizziness, or sudden persistent dizziness
- Persistent tinnitus that sounds like a pulse or heartbeat
- Sudden persistent tinnitus in one ear

## Physical Therapy

A healthcare professional who specializes in evaluating and treating muscle and skeletal problems. A physical therapist can help with cervical spine problems that might be causing or exacerbating tinnitus.

Physical therapists can help you if you have:

- Neck dysfunction
- Neck injury
- Tinnitus that changes in pitch, loudness, and/or comes and goes with head or neck movement



For more information, see the Patient Summary at: [https://healthquality.va.gov/HEALTHQUALITY/guidelines/CD/tinnitus/VADoD-CPG-Tinnitus-Patient-Summary-2024\\_Final\\_508.pdf](https://healthquality.va.gov/HEALTHQUALITY/guidelines/CD/tinnitus/VADoD-CPG-Tinnitus-Patient-Summary-2024_Final_508.pdf)

