

WESTERN NEW YORK
TINNITUS SUPPORT GROUP MEETING

Tinnitus & Hyperacusis Discussion:
Problems, Questions & Answers

Thursday, April 28, 2011 – 7:00 p.m.

University of Buffalo, Main Street Campus, 144 Farber Hall

Drs. Richard Salvi, Edward Lobarinas, Susan Roberts and Christine Stocking, experts in the field of tinnitus, will be available to address your questions and concerns regarding tinnitus and hyperacusis. This meeting will provide an opportunity for you to share your experience with tinnitus with others.

Sponsored By: The Center for Hearing & Deafness, State University of New York at Buffalo.

Meeting Moderator: Dr. Richard Salvi. Dr. Salvi is the Director of The Center for Hearing & Deafness and can be reached at (716) 829-5310 or via e-mail at salvi@buffalo.edu.

Meeting Location: University at Buffalo, Main Street Campus, 144 Farber Hall (*Map on reverse side of this newsletter.*)

Tinnitus Treatment Center at U.B.: UB's Speech-Language & Hearing Clinic offers a range of treatment for tinnitus & hyperacusis, including a comprehensive audiological tinnitus evaluation, sound therapies, music therapies, sound generators, counseling, and hearing aids. This most recent addition to clinical treatment is Neuromonics, which combines focused counseling along with the use of modulated music to provide tinnitus relief and habituation. For more information call (716) 829-3980 and leave your name and telephone number. For immediate assistance with tinnitus, contact Sue Roberts (716-829-5507) or Chris Stocking (716-829-5540). For more information on clinical services visit the Clinic website: <http://cdswebserver.med.buffalo.edu/drupal/>. The Speech-Language Hearing Clinic also collaborates with Sherry Thomas, Ph.D., Director of UB's Psychological Services Clinic to provide specialized counseling for tinnitus sufferers.

The first step in determining the best options for your case is to have a thorough evaluation of your tinnitus. This evaluation should include the following:

1. **Medical History and Evaluation:** This evaluation is best performed by an otolaryngologist (ear, nose and throat physician). The purpose of this visit is to determine any underlying medical cause for your tinnitus and should include:

- an in-depth medical history, including a description of your tinnitus sound, any ear related problems, any chronic conditions, injuries, medications, etc.
- a physical examination of your ears, head and neck
- a hearing evaluation performed by an audiologist either prior to or during this visit
- recommendations for further diagnostic testing and/or medical clearance to proceed with audiological management of tinnitus

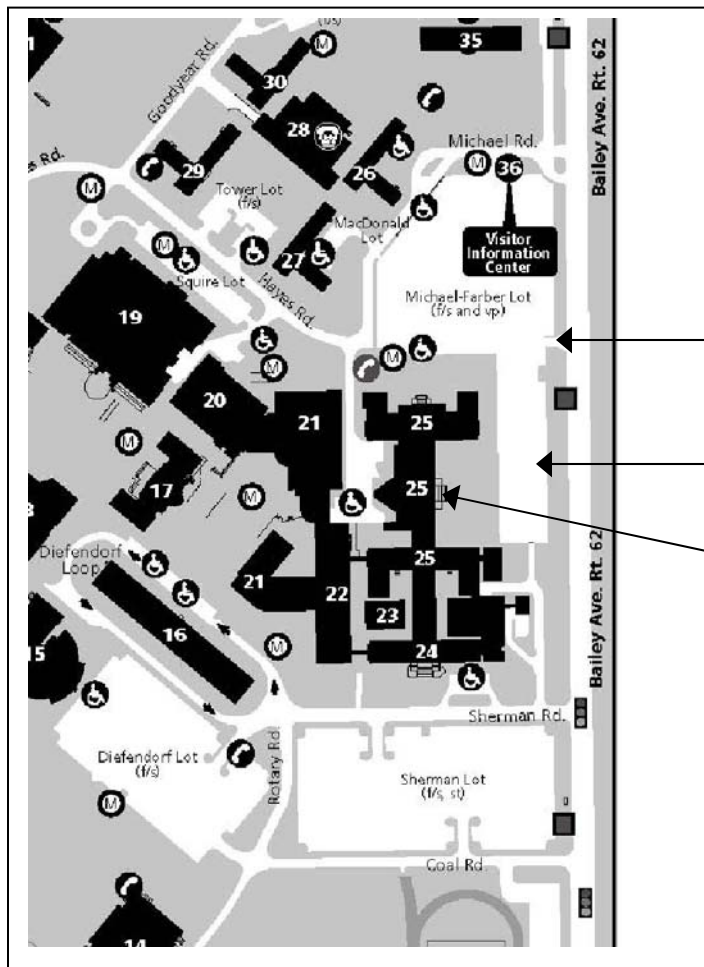
2. **Audiological Tinnitus Evaluation:** This evaluation should be performed by an audiologist who specializes in tinnitus. The purpose is to further characterize your tinnitus problem, determine the degree of disturbance the tinnitus is causing, and make recommendations regarding management. This visit should include:

- an in-depth history of your tinnitus problem, including medical history, description of the tinnitus sound, onset and duration of your tinnitus, the effect of the tinnitus on your life, and any other hearing or psychological concerns
- audiological testing in a sound booth to further assess hearing, the pitch and loudness of your tinnitus, whether it can be covered by other sound, and your tolerance level for loudness of sound
- an explanation of your hearing and tinnitus test results, and options and recommendations for management of your tinnitus problem

If you have previously received evaluation, but have been told there is nothing that can be done about your tinnitus, and "just learn to live with it", don't despair. There are tinnitus management techniques that can help by reducing the awareness and impact of tinnitus.

There is no charge to attend meetings.

Main Street



UB's Main Street Campus is located at the corner of Main Street (Route 5) and Bailey Avenue (Route 62). Farber Hall, where our meeting will be held, is accessible from Bailey Avenue.

Turn off Bailey into the campus at this entrance. Turn left to enter parking area.

Park in this lot which is right in front of Farber Hall.

Farber Hall – enter here at the stairs.

Turn left once in the building. **Room 144 Farber** will be on your right.

To find out more information about UB's Center for Hearing & Deafness and the Communicative Disorders & Sciences Dept., visit their websites:
<http://wings.buffalo.edu/faculty/research/chd/>
<http://wings.buffalo.edu/soc-sci/cds>

Winspear Avenue