

# can you hear me now?

## QUALITY OF LIFE HACKS FOR TINNITUS SUFFERERS

When you live with tinnitus, the ringing can start to affect every single aspect of your quality of life. At first, it's usually just a nuisance. Something you aren't worried about and can easily ignore. But when the sound doesn't go away, many sufferers quickly find themselves caught in a vicious cycle. Panic and anxiety rise, which in turn can make tinnitus louder. Suddenly, it's harder to fall asleep, and the lack of sleep makes it louder still, and harder to focus while you're awake. Here are some life hacks that can help to cope bothersome tinnitus.



### 1. High-fidelity earplugs

When you have tinnitus, it's vital to protect yourself from noise-induced hearing loss. Noise-induced hearing loss can change or worsen tinnitus. The problem is that many earplugs make it hard to enjoy yourself in certain environments because they muffle and distort the sounds you hear. It becomes difficult or even impossible to have a conversation, enjoy music, or have awareness of your surroundings. High-fidelity earplugs can help solve this problem. Instead of simply absorbing or

blocking out as much sound as possible, special filters are used to evenly reduce the decibel level of your surroundings. This way, you can still enjoy music, have conversations, and maintain situational awareness, just at a lower volume.

### 2. Masking with a sound machine

Sound masking is a well-known and effective coping tool for tinnitus patients. For many sufferers, background noise offers temporary relief by drowning out the sounds of their tinnitus. Sound machines, fans and hearing aids (with masking features), are all options. Another great option is your smartphone. There is an infinite selection of sounds through the thousands of sound therapy apps available in smartphone app stores.

### 3. Multi-sensory distractions to better cope with spikes

Distraction is another commonly suggested and effective tinnitus coping strategy. Loud tinnitus spikes are especially challenging. Patients who are normally able to distract themselves from the sound may suddenly find they can't let it go. What works best is to combine multiple distractions that involve as many of your senses as you can at once, multi-sensory distraction. Instead of just listening to white noise, listen to music and play a game on your phone. Or take a hot bath with nature sounds playing while you also read a book.

### 4. Keep a food journal

Many tinnitus sufferers report a worsening of their symptoms with certain foods or beverages. For some people, that can mean limiting caffeine or salt. For others, those items might actually help. In essence, everyone's tinnitus food triggers

*Continued on back side*



### HAVE YOU HEARD?

a note from Mary Dutton A.u.D., Audiologist

Contact our clinic for information on high fidelity ear plugs.

For more information, please call Saint John Audiology  
913.680.6180



Saint John  
Hospital

[saintjohnleavenworth.com](http://saintjohnleavenworth.com)

Compassion | Quality | Comprehensive Health Care

have questions? Please call us at 913.680.6180  
or visit us at [saintjohnleavenworth.com](http://saintjohnleavenworth.com).

**We'll help make things clear!**

## QUALITY OF LIFE HACKS FOR TINNITUS SUFFERERS *(continued)*

are unique. A food diary is a helpful tool to track tinnitus symptoms. The best way to investigate if a food is causing your tinnitus is to keep a food journal. Pay attention to your tinnitus and keep detailed notes of any starts, stops or changes in the intensity of the noise. Maintaining a food diary might offer an insight into your dietary and tinnitus patterns, which may or may not reveal a correlation. From that correlation, you can decide to make changes to find the relief you're looking for.

### Suggested Apps for tinnitus relief

- Starkey Relax: IOS, Android
- Relax Melodies: IOS, Android
- My Noise: IOS, Android
- Whist: IOS, Android
- White Noise Generation: Android
- Tonal Tinnitus: Android

## SWEET POTATOES WITH SHREDDED SALAD

### INGREDIENTS:

4 small sweet potatoes (6 to 8 oz. each)  
4 radishes  
2 medium carrots (4 oz. each)  
1 large beet (about 6 oz.)  
1 medium Granny Smith apple (about 6 oz.)  
1/2 small red onion  
2 tbsp. extra-virgin olive oil

1 tbsp. lemon juice  
kosher salt  
Freshly ground black pepper  
2 tbsp. sunflower seeds  
2 tbsp. pepitas  
2 tbsp. pure maple syrup  
Plain Greek yogurt, for serving



### DIRECTIONS:

Prick the potatoes all over with a fork and place on a microwave-safe plate. Microwave on high for 3 minutes. Flip over and microwave until tender, 4 to 6 minutes more.

Meanwhile, using a food processor with the large-hole grater attachment, coarsely grate the radishes, carrots, beet, apple and onion. Transfer the vegetables to a large bowl and toss with the oil, lemon juice and a pinch each salt and pepper.

Place the seeds in a small skillet and cook, tossing occasionally, until toasted, about 2 minutes.

Remove from heat and immediately add the maple syrup, swirling the pan until the bubbles subside. Pour onto a small sheet of nonstick foil and let cool.

Split the potatoes; top with the salad and then the seeds. Add a dollop of yogurt, if desired.

PER SERVING 306 CAL, 11.6 G FAT (1.5 G SAT FAT), 0 MG CHOL, 134 MG SOD, 6 G PRO, 48 G CAR, 9 G FIBER



[saintjohnleavenworth.com](http://saintjohnleavenworth.com)

Compassion | Quality | Comprehensive Health Care

have questions? Please call us at 913.680.6180

or visit us at [saintjohnleavenworth.com](http://saintjohnleavenworth.com).

We'll help make things clear!