

Forum:[Hack Forums](#)

Thread: [Tinnitus -- I just found out I had it](#)

Eden - February 10, 2022, 1:04 pm

Hello HF, just here for some input.

About 6 years ago (I remember I was 25 when I first heard it and I am now 31, I have heard it all day everyday since.) I began hearing a ringing in my ears... It sounded like the room itself was generating a ringing sound.

I have heard this almost all day everyday for 6 years.

I never told anyone and tried to ignore it.

It did not cause headaches or organ pain, and I can still hear crystal clear.

Today I thought, "It has to be White Noise, I'll research how dangerous it is to hear White Noise on a daily basis.

I learned [Here](#) that it is actually not White Noise...

People that hear a ringing in their ears all day everyday are actually hearing Tinnitus... Tinnitus is the actual sound of the ringing.

It's usually caused by Chronic Pain in the body, although I don't suffer from Chronic Pain, so I don't know what else causes it.

According to the article, White Noise can have weird side effects, some people think it makes the ringing go away, some people think it helps with the ringing, some people think it's good to listen to low volume White Noise, some people think it's bad to hear it.

All I am sure of, is I now know for a fact what I suffer from, I have Scizophrenia and I thought the ringing was part of my Mental Illness but I learned it is actually Tinnitus...

Anyways, if you are consistently hearing that ring, it feels better to know the noise has a name, and scientists are working for the cure.

psyop - February 10, 2022, 1:36 pm

There's a few treatments right now, but nothing that completely eliminates the symptoms.

Neuralink will most likely cure it entirely via the electrodes it implants your Auditory Cortex.

blackrose_x0x0 - February 22, 2022, 10:13 am

Sorry to hear about your tinnitus. I am worried myself that I am beginning to have it.

Never had much ringing in my ears my entire life until recently. It just started happening one day in December, a very loud ringing in my left ear that would not go away. The sound of running water would be painful, my only relief was these tinnitus relief YouTube videos for a few days there. That ringing continued for a couple weeks then it became an on and off kind of thing. I haven't had any ringing in my ear for a few weeks now, but I'm worried some damage has been done or it's tinnitus starting up.

Beyonder - February 22, 2022, 10:16 am

My brother did a lot of drumming when he was younger, and well long story short, he's got Tinnitus and its annoying as F !

Heisenberg - April 10, 2022, 10:20 am

I have it and tbh I'm used to it. I use what look like hearing aids, but don't amplify sound, instead they help neutralize the persistent ring. It's called notch therapy and the theory is that this sound that neutralizes the tinnitus is actually competing with the nerve causing the tinnitus, hopefully shutting down the nerve completely. Hasn't cured me, but it sure as hell helps me find relief.

I'm used to the ringing though and it no longer affects me like it used too, hope you could say the same.

<https://www.signia-pro.com/en-us/sales-tools/tinnitus/>

Btw noise is not the only cause of tinnitus. Medicine and different chemicals cause damage to the inner ear as well. Sometimes discontinuing a medication could stop the ringing, but there are many variables, so just an fyi for those wondering.

Laughing Man - April 10, 2022, 10:24 am

I developed mine shortly after getting the J&J Vaccine, I got a nasty ear infection and now one ear has perm tinnitus.

You'll get use to it. It'll just become noise almost a year in and I rarely pay attention to it.

Komodo - April 10, 2022, 10:26 am

(Apr 10, 2022 10:20 AM)Heisenberg Wrote: [\[CITE\]](#) I have it and tbh I'm used to it. I use what look like hearing aids, but don't amplify sound, instead they help neutralize the persistent ring. It's called notch therapy and the theory is that this sound that neutralizes the tinnitus is actually competing with the nerve causing the tinnitus, hopefully shutting down the nerve completely. Hasn't cured me, but it sure as hell helps me find relief.

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Was offered this from the VA after getting out of the military having tinnitus, but I didn't want to wear them since I'm still youngish. Maybe one day, until then I just always have music or a fan in my face.

Heisenberg - April 10, 2022, 10:28 am

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If discretion is your concern, I was also worried about that, then I saw how small they were and got them. I ask people if they notice and they say "not until you told me" every time.

Komodo - April 10, 2022, 10:31 am

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Yea I've seen them. Had an old MSG in my last unit with them, cleared out the sound for him and reduced white noise. He would also play music with them which was cool.

You knew he was pissed when he would yank both of them out.

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Haha that's great... I use them for calling people and and I get a bunch of looks.

Drives them nuts lmao

tipme - April 10, 2022, 11:28 am

How do you get tinnitus? When I was a kid I heard my teacher say don't scream Ive got tinnitus but how does it come?

SIM-2502833 - April 10, 2022, 12:27 pm

I've had tinnitus in both ears since a very young age. I can remember since I could read. Not sure how long before that.

Honestly, it'd be the last health issue I would ever bother treating, since the effect is so minor. It's usually only noticeable when I am in complete silence, or I try to hear it.

For a long time, I thought it was just something everyone heard.

Occasionally I lose complete hearing in one ear (either one) and then I hear a loud ringing noise as my hearing returns, a lot like a flashbang in call of duty. I don't think that is my tinnitus, because the tinnitus is a consistent ringing I always hear, regardless of what is happening.

In my experience, extremely loud music, firecrackers to the ear, earbuds cranked all the way up all day -- These are the types of things that cause tinnitus.

Bubbers108 - April 10, 2022, 12:30 pm

Wait a sec I experience this very often too. When it's completely quiet sometimes I'll hear a flashbang sort of noise and then it slowly gets quiet and goes back to normal. I don't really know what it is though.

SIM-2502833 - April 10, 2022, 12:45 pm

(Apr 10, 2022 12:30 PM)Bubbers108 Wrote: [\[CITE\]](#) Wait a sec I experience this very often too. When it's completely quiet sometimes I'll hear a flashbang sort of noise and then it slowly gets quiet and goes back to normal. I don't really know what it is though.

No idea what it is, but what you describe sounds exactly what happens to me occasionally. It's truly a weird experience. I think the weirdest part is that there are no loud noises that trigger it.