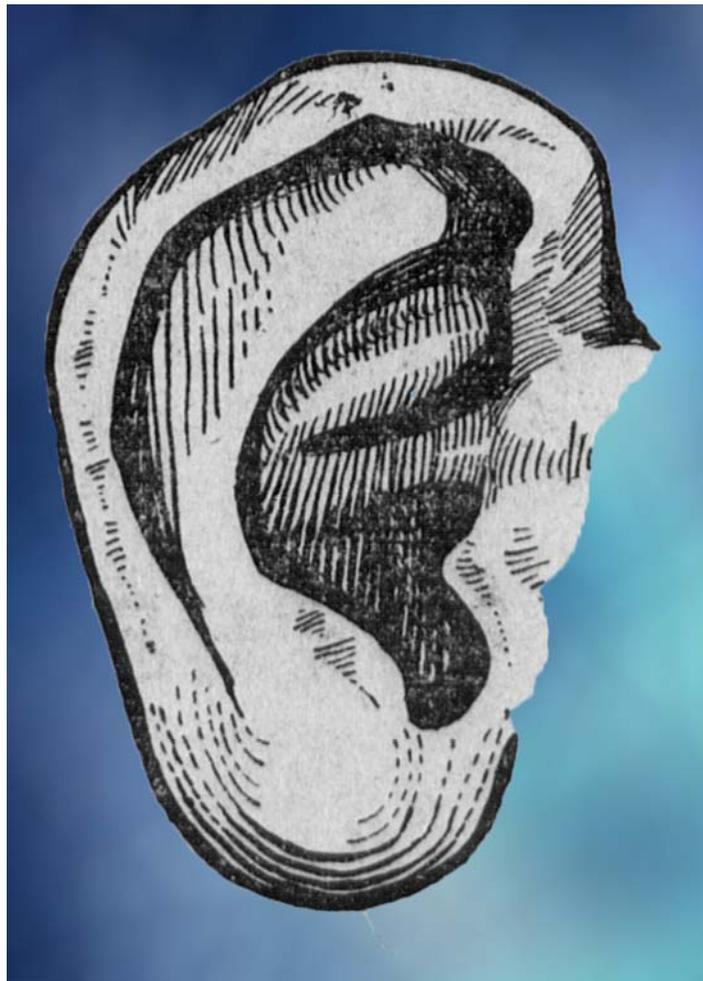


Help for Pulsatile Tinnitus



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PERSONAL DISCLAIMER

The author is not a doctor or other medical professional, and the information provided in this book is based solely on the author's personal experience.

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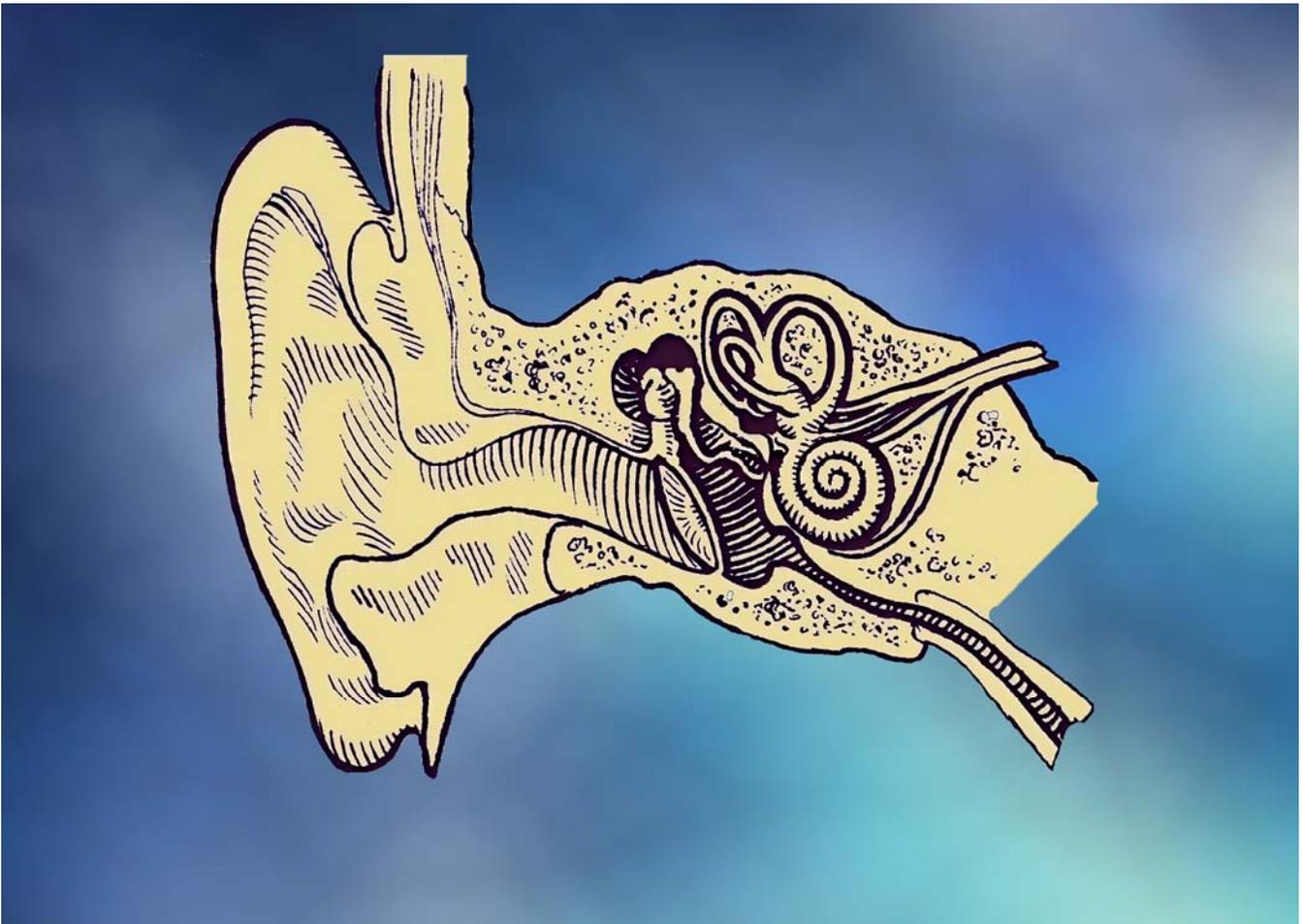
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Pulsatile Tinnitus

If you don't have Pulsatile tinnitus, you may not know what it is, although you may have experienced the sensation from time to time. Basically, Pulsatile tinnitus is a sound that is heard in the ears, which can maybe like a heartbeat or sometimes a pounding or whooshing type sound. This is not an external sound, but it is heard internally by those suffering. This type of ear noise that is felt like a rhythmic pulsing that is often in time with the heartbeat. It may sounds like a whooshing or thumping sound.

A number of health conditions can cause or worsen tinnitus. In many cases, an exact cause is never found.



The ear structure.

A common cause of tinnitus is inner ear cell damage. Tiny, delicate hairs in your inner ear move in relation to the pressure of sound waves. This triggers ear cells to release an electrical signal through a nerve from your ear (auditory nerve) to your brain. Your brain interprets these signals as sound. If the hairs inside your inner ear are bent or broken, they can "leak" random electrical impulses to your brain, causing tinnitus.

Other causes of tinnitus include:

- Age-related hearing loss. The medical term for this type of hearing loss is presbycusis.
- Exposure to loud noise, heavy equipment, chain saws and firearms, portable music devices, **MP3 players or iPods**, which may cause noise-related hearing loss if played loudly for long periods. It can be caused by short term exposure at a loud concert, which usually goes away shortly there after.
- Earwax blockage caused by too much accumulated earwax, may become too hard to wash away, and may cause hearing loss or eardrum irritation.
- Ear bone changes Stiffening of the bones in your middle ear (otosclerosis) may affect the hearing and cause tinnitus.

Less common causes of tinnitus include:

- Meniere's disease - The onset of Tinnitus may be an early indicator of Meniere's disease, an inner ear disorder which may be caused by abnormal inner ear fluid pressure.
- TMJ disorders. Jaw problems with the temporomandibular joint, the joint on each side of your head in front of your ears, where your lower jawbone meets the skull.
- Neck or Head injuries Neck or head trauma may affect the inner ear, hearing nerves or brain function linked to hearing.
- Acoustic neuroma - A noncancerous, benign tumor that develops on the cranial nerve that runs from your brain to your inner ear and controls balance and hearing.

Blood vessel disorders that may be linked to tinnitus:

In rare cases, tinnitus is caused by a blood vessel disorder. This type of tinnitus is called pulsatile tinnitus. Causes include:

- Head and neck tumors.
- Atherosclerosis. A buildup of cholesterol and other deposits, major blood vessels close to your middle and inner ear lose some of their elasticity — the ability to flex or expand slightly with each heartbeat.
- High blood pressure. Hypertension and other factors that increase blood pressure, such as stress, alcohol and caffeine.

Some medications may cause or make tinnitus worse. The higher the dose of these medications, the worse that tinnitus may become. Tinnitus may cease when the drug is no longer taken

- Antibiotics, including polymyxin B, erythromycin, vancomycin and neomycin
- Cancer medications, including mechlorethamine and vincristine
- Water pills (diuretics), such as bumetanide, ethacrynic acid or furosemide
- Quinine medications used for malaria or other health conditions
- Some antidepressants may make tinnitus worse
- Aspirin taken in uncommonly high doses (usually 12 or more a day)

Sometimes it is referred to as vascular tinnitus because in the most cases it is related to disturbances in the blood flow.

* Mayo Clinic - Diseases and Conditions Tinnitus

<http://www.mayoclinic.org/diseases-conditions/tinnitus/basics/causes/con-20021487>

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Try a Quick Fix for Pulsatile Tinnitus

My first attack of Pulsatile tinnitus came out of nowhere, and it was a sudden, constant bother. That pounding, whooshing sound started first thing in the morning, continued throughout the day, and was the last thing I heard before I fell asleep. It is a truly maddening condition that is almost impossible to ignore. I thought to myself, 'what if this gets worse, and I develop the dreaded ringing in the ears, or something even more debilitating?' It was also sort of scary to me, because I wondered if I might have some serious, unknown condition, such as those listed in the section above.

I made an appointment with my doctor to see what was going on with me. The office was busy, so the appointment was not scheduled for several weeks out. My health is fairly good, and I didn't think there was an obvious reason for the condition, but I thought I'd better look into it further. While I waited for the appointment, I began to think about whether there was something new I was doing that might be causing the issue.

The only thing that was different in terms of my hearing was that I was listening to a lot of streaming music, and podcasts in recent months on my new phone. Could the ear buds really be causing my persistent Pulsatile tinnitus? Although, I had seen references to it online, I still found it hard to believe. We like to think these products sold to us are safe, and won't cause harm. Still, it would be great if it could be something as simple as that, so I decided to stop using the ear buds completely. Little by little over about 10 days the pulsing in my ears began to lessen and lessen. First I didn't hear it in the morning when I woke; then it stopped while I was standing, and later I didn't hear it when I put my head down on the pillow to go to sleep. Then one day I realized it was completely gone! How pleasant it was to close my eyes, and not have to hear that pounding sound in my head. I was thrilled to cancel my doctor appointment, and tell them it was cured.

Often the source of Pulsatile tinnitus involves changes to the ear canal through a myriad of different causes. For me, the time spent with ear buds in while listening to music caused a severe enough change to the structure of my ear canal, so that I de-

veloped a very severe case of Pulsatile tinnitus. I do not use ear buds anymore, and I haven't had a single moment of Pulsatile tinnitus since.

If you are suffering from Pulsatile tinnitus, and you use ear buds to listen to music, podcasts or audio books, why not stop for a month, and see if that will reduce that annoying sound, and perhaps make it go away completely!



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Summary

Clearly, Pulsatile tinnitus can be an indicator of a potentially dangerous medical problem, and therefore it should be taken seriously, particularly if there is a sudden, and severe onset. Pulsatile tinnitus is a message to us that something is not quite right, and it may be something critical, or something minor like the changes to the ear canal caused by ear buds. If you have Pulsatile tinnitus, and you use ear buds you might take a break from them for a while to see if that might help. If not, see your doctor for diagnoses and treatment.

All the best to you as you seek your path to health.

Peace*

ABOUT THE AUTHOR

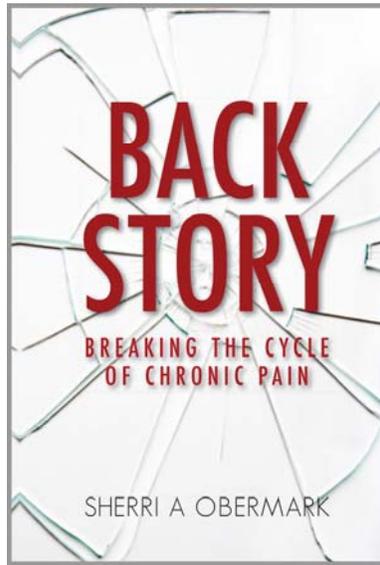


Sherri Obermark is writer and artist living and working in Cincinnati, Ohio. She enjoys life with her family, friends, and three red tabby cats.

Thank you for reading my ebook!

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