

Tips For Tinnitus

by Dr. Andrew Cheng, M.D.

(NAPSA)—Approximately 50 million Americans deal with tinnitus—a ringing, whooshing or buzzing sound in the ear that is heard only by the sufferer. In the worst cases, this condition can be extremely debilitating psychologically—some say that the famous artist Vincent van Gogh may have had tinnitus, which led him to cut off his ear.



Tinnitus can occur with increased age or exposure to loud noises, but it can be a result of something else, such as Meniere's syndrome, which includes other symptoms, such as vertigo, hearing loss and a "full" feeling in the ear.

A supplement may help decrease the intensity of tinnitus.

While there are some treatments available for tinnitus, there is no cure. Doctors suggest making lifestyle and dietary changes to help ease the intensity of the "ringing," including:

- Avoiding caffeine or alcohol
- Managing stress
- Avoiding exposure to additional loud noises, which can aggravate tinnitus further (invest in a good pair of ear plugs)

- Controlling blood pressure
- Decreasing salt/sodium intake
- Taking Lipo-Flavonoid®, a nutritional supplement that contains a complex of B vitamins proven to help decrease the intensity of tinnitus. Many doctors who recommend it see an improvement with tinnitus symptoms in seven out of 10 patients. The exact formulation of ingredients in Lipo-Flavonoid® has been clinically tested to demonstrate relief.

For more information or to take an online quiz to receive a free pair of ear plugs (while supplies last), visit www.stopearringing.com.

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