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Helping your tinnitus – Step 1

Questions your physician, GP or Audiologist may ask.

Possible / Likely Questions (by your Physician / GP / Audiologist)	Your prepared answers
When did you first become aware of the "tinnitus sound?"	
Is this the first time you have experienced this type of sound, or has it come & gone before?	
Did the sound begin suddenly, or has it gradually developed?	
Can you think of anything that happened, or changed around the time the sounds started?	
Please describe the sound (e.g. ringing, buzzing, whistling etc.)	
Describe where you hear the sound (e.g. one ear, both ears, does it fill your head etc.)	
Is it a high or low pitched sound?	
What medications or over the counter drugs are you taking?	
Have you changed medication use recently?	
Have you had any accidents, or injuries recently?	
Have you had any surgery recently?	
Do you have a sore or clicking jaw (or neck)?	
Is there anything that makes your tinnitus worse, or better?	
Have you had recent or prolonged exposure to loud noises (e.g. gunfire, machinery, music etc.)?	
Have you noticed any increased difficulty hearing people,	

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or certain types of sound?	
Are you very sensitive to loud noises compared to other people you know?	
Do you have any dizziness, or difficulty with your balance?	