



Latest Medical and Audiological Treatments For Tinnitus

Although there **is no universal cure for tinnitus**, a range of evidence-based treatments can help reduce its impact. Over the last decade, **research has advanced significantly**, giving veterans more options for relief and improved function.

New Tinnitus Treatments

Treatment

How It Helps

Sound Therapy

Uses background noise or customised sounds to mask tinnitus

Cognitive Behavioural Therapy (CBT)

Reduces distress and improves coping skills

Hearing Aids

Amplifies environmental sounds to reduce tinnitus awareness

Tinnitus Retraining Therapy (TRT)

Combining counselling and sound therapy to retrain perception

Pharmacological Support

Addresses anxiety, depression, or sleep disruption

ENT specialists and audiologists often **tailor treatment plans to each individual, considering the severity of tinnitus**, co-occurring conditions like PTSD, and the degree of hearing loss.

Modern tinnitus management combines counselling, sound therapy, and medical devices to retrain the brain's response to phantom sounds.



Innovations in Tinnitus Care

Recent advances have introduced neuromodulation devices and digital apps that help regulate neural activity linked to tinnitus. Clinical trials are exploring:

- **Transcranial Magnetic Stimulation (TMS):** Non-invasive brain stimulation to disrupt tinnitus signals
- **Bimodal Stimulation Devices:** Combine sound with mild electrical pulses to retrain the auditory system
- **Personalised Mobile Apps:** Guide relaxation and deliver customised sound therapy

How We Can Assist


Our specialists at Veteran Welfare Group can guide you through the process of getting help, from **arranging expert appointments**, to providing **resources about hearing protection** and **treatment options**, through to **legal advice**.

You deserve support that respects your service and your health needs. Whether you're newly discharged or have lived with tinnitus, help is available.

Contact Us

For more information and support, get in touch with our advisors and veterans with lived experience today.

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