

**Nothing To Fear.
Just A Noise In My Ear.**





It's loud.

**It may be new. Or you may
have heard it before.**

**It may in one ear of both of
your ears.**

What is it?



The name of that noise is tinnitus.

It may be a whistle. It may sound like bees in your head. It could be a ring. Or it could sound like Rice Krispies popping in your ear. It may be even sound like a cricket.

The sound can be loud or soft. Or it can come and go.

It can make it hard to listen to your mom and dad, your brother, your sister or your teacher.

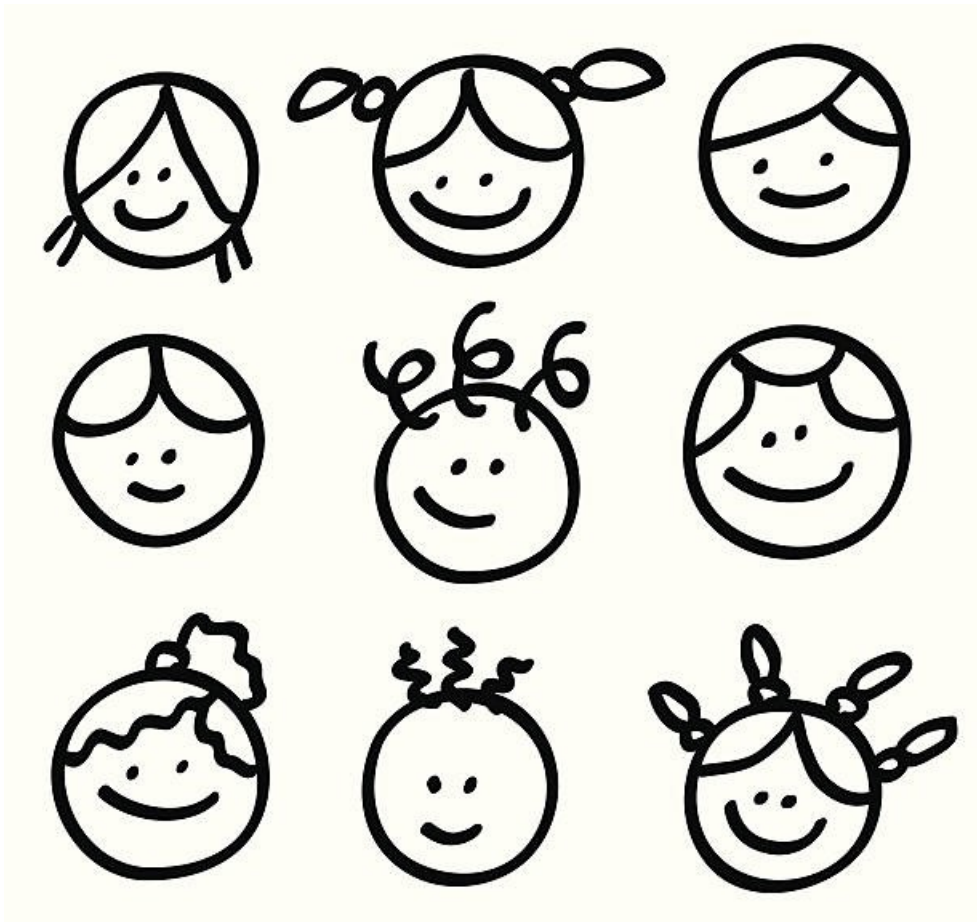
It can make it hard to concentrate – whether at home, at church or at school. It can also make it hard to sleep.

And it can be frustrating. Tiring. Even kind of scary .

But while it may be loud to you, nobody else can hear it. Not your mom. Not your dad. Not even your doctor.

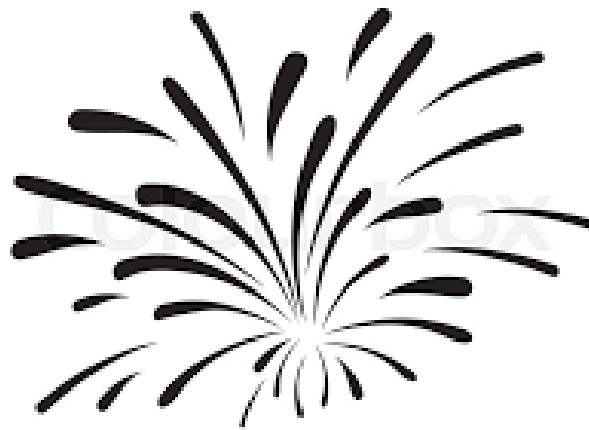


**You're not
alone.**



Other kids and other adults may hear sounds in their ears, too.

They may just get a mild form of tinnitus once in a while that only lasts a few minutes, especially after hearing loud noises like fireworks or music. Or they may always hear sounds, just like you.





**So what causes this
noise?**



It is not known exactly what causes people to hear tinnitus sounds . Tinnitus can be caused by something as simple as too much wax in your ears or a fall from a swing.

It may also be caused by other things such as a loss of hearing. You may not be able to hear as well as you used to or should be able to.

There may not be a clear reason. You may even outgrow your tinnitus





**Your doctor
can help!**



There are ways to manage the noise.

These ways include things as simple as healthy eating and exercise. As well as, using fans or special sound machines to make the tinnitus sound less noticeable.

You may need hearing aids — little electronic devices you wear in or behind your ear — that make the sounds you hear louder and help hide the tinnitus noise in your ear.





Tell someone.



Don't be afraid to tell your mom, dad or teacher that you have trouble hearing them. Or that there is this strange noise in your ear.

The sooner you tell someone, the sooner you can get help.

Just remember, there is nothing to fear.

It is just a noise in your ear.



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