

Billing Information

Patients are responsible for all services and instrumentation at the time of delivery. While a portion of the initial visit may be covered by private insurance, we are a participating provider with Medicare Part B only (a doctor's referral is required prior to scheduling the appointment). Patients may submit an invoice for direct reimbursement to their insurance provider. Because there is no "one size fits all" treatment, costs vary depending on the approach selected by the individual. Sound therapy devices typically are not covered by insurance.

Clinical Research

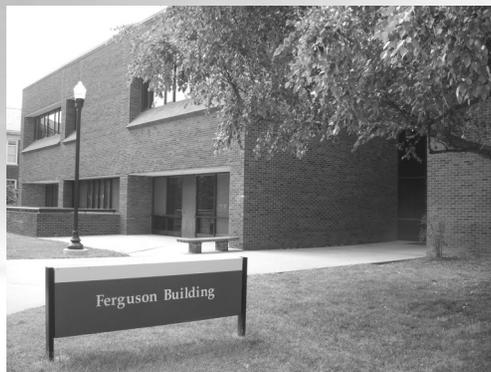
For over 15 years, audiologists at the UNCG Speech and Hearing Center have treated hundreds of patients with severe tinnitus symptoms and sound sensitivity. Faculty also have ongoing clinical research in these areas. Contact us to find out if you are eligible to participate. You also can sign up to receive our newsletter, *The Tinnitus Times*, or like our Facebook page to stay up to date.



www.facebook.com/uncgaudiology

UNCG Speech and Hearing Center

The **UNCG Speech and Hearing Center** is located on the third floor of the Ferguson Building on the UNCG campus (corner of Spring Garden Street and Highland Avenue). Free parking in an adjacent lot is provided.



Appointments

If you would like more information regarding services offered at the UNCG Speech and Hearing Center or would like to make an appointment, contact us at:

UNCG Speech and Hearing Center
300 Ferguson Building, 524 Highland Avenue
Greensboro, NC 27402
Phone: (336) 334-5939
Fax: (336) 334-4475
Forms: <http://csd.uncg.edu/shc>

The hardest step can be the first step. Start your journey today.



THE UNIVERSITY of NORTH CAROLINA
GREENSBORO

School of Health
and Human Sciences

Tinnitus and Sound Sensitivity Clinic

***Management of severe
tinnitus and sound
sensitivity disorders
awaits with the support of
caring professionals.***

**UNCG
SPEECH
AND HEARING
CENTER**

**Appointments:
(336) 334-5939**

Frequently Asked Questions:

What is tinnitus?

Tinnitus often is described as “ringing in the ears,” but also can be perceived as a roaring, buzzing, pulsing, or other sound that is not present in the physical world. Although an estimated 50 million Americans experience tinnitus, the severity of tinnitus varies greatly among individuals. In some cases, tinnitus causes significant distress and negatively impacts quality of life. Tinnitus often is a symptom of hearing loss, but can be a sign of another medical condition or occur in isolation. Thus, a comprehensive tinnitus evaluation is required to determine a person’s candidacy for the preferred management approach.

What is sound sensitivity?

Some individuals experience sensitivity to sounds that significantly interferes with daily functions. Reduced tolerance for “loud” sounds is called *hyperacusis* and may be observed with or without tinnitus and hearing loss. Sensitivity to selective sounds such as soft, repetitive noises (e.g., chewing, sniffing, tapping) is called *misophonia*. Activation of the body’s automatic “fight-or-flight” response leads to a strong emotional reaction that can harm personal relationships and lead to social isolation.

Available Management Approaches?

All management approaches for tinnitus and sound sensitivity disorders include directive counseling to educate patients about their symptoms and underlying neurophysiology. Sound therapy provides relief and control for management of disturbance in the short term and desensitization over time. In addition, general wellness strategies are used to help patients address associated conditions such as sleep disturbance, anxiety, and depression. Some patients also can benefit from our unique “tinnitus coaching” approach to help them self-identify barriers to achieving their personal goals.

Approaches to sound therapy vary according to the stimulus used for relief and habituation. Selection is strongly dependent on the sound stimulus the patient prefers. For example, *Tinnitus Retraining Therapy (TRT)* uses a noise generator or hearing aids with an integrated noise circuit to reduce tinnitus awareness and disturbance. Broadband noise such as white or pink noise also has been shown to be effective for the treatment of sound sensitivity disorders. The *Neuromonics* family of sound therapy devices are programmed with customized music at the

resting heart rate to reduce tinnitus awareness and promote relaxation. *SoundCure Serenade* is a sound therapy device programmed with amplitude-modulated tones and noise that are matched to the pitch of the tinnitus. These “S-tones” are designed to suppress tinnitus by engaging the neural network underlying its perception.



Heart rate variability training also is used to help patients override the “fight-or-flight” response and regain feelings of control. HeartMath® tools and techniques help patients harness the power of their breath to optimize heart rhythms and change their perceptions.

Are treatments effective?

Clinical “success” can be measured in different ways. Patients are counseled on realistic expectations and the role of motivation and adherence in achieving their goals. The majority of UNCG patients report significantly reduced tinnitus awareness and disturbance.

How many visits are required?

Patients are scheduled for additional follow-up office visits at regular intervals. Treatment is a journey and each person’s experience differs. Patients are counseled on the importance of establishing a plan of care that works for them.