

Supporting the BTA

Did you know

- ? That the BTA is the only national UK charity solely dedicated to supporting people with tinnitus?
- ? That we receive no government funding and rely on our generous donors and supporters to continue our work?
- ? That we need to raise around £500,000 per year from donations and fundraising to provide our crucial services?

Can you help?

As someone affected by tinnitus maybe you could consider supporting our work? This will help us to continue the essential services we provide that are vital to the tinnitus community. Here are some ways you may consider helping:

Donations

Both one-off and regular donations are key to our ability to continue to exist.

- £15 Can give a helpline caller the emotional and practical support they need
- £25 Could provide 200 leaflets to help NHS patients
- £100 Can help set up a new local group offering support in a neighbourhood near you

Please consider making a difference with a one off or regular donation. Call us on **0800 018 0527** or online via www.justgiving.com/bta - please don't forget to Gift Aid where eligible.

Activities

If you would like to support us in a different way we are keen to hear about any plans you may have and we can also offer fundraising advice and assistance.

If you are a sporty type we may have fundraising race, cycle and open water swim places available.

Your employer may have a scheme that matches employees' fundraising efforts bringing even more value to your contribution and maximising funds for the BTA.

For further information please go to:
www.tinnitus.org.uk/fundraising

Join the BTA

Our members tell us that what they appreciate most about their membership is the sense of community and mutual support. Members' responses to the question "What do you value most about being a member of the BTA?" include:

- "Knowing I am not alone and have the support of people I have never met but who care!"
- "It helps to know about other people's tinnitus and also the latest research on the condition"
- "Comforting to know there are other sufferers and know they are coping"
- "Belonging to an organisation that understands my problem"

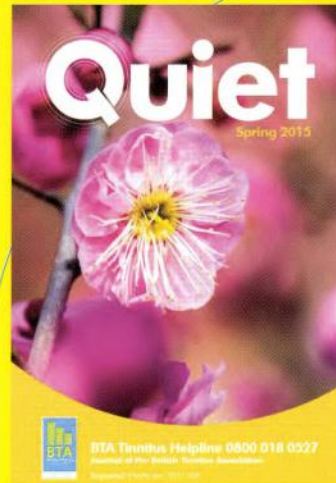
The BTA was founded over 35 years ago by people with tinnitus and is the only national charity in the UK devoted to tinnitus. We are here to support the 10% of people in the UK who have tinnitus, to raise awareness amongst the general public and to commission medical research.

For just £15 per year, you are not only able to support the work of the BTA, which includes producing leaflets like this, you can also take advantage of the benefits of membership, including **Quiet** magazine and discounts on items in the BTA shop.

Quiet is a quarterly magazine packed full of:

- advice on managing tinnitus
- information about the latest tinnitus research
- interviews and real-life stories
- product and book reviews
- information about support groups and contacts
- details of BTA events

Why not join the BTA using the form enclosed?



Before joining, you may wish to read our constitution. You can find it at www.tinnitus.org.uk/about-us or alternatively, contact us on 0114 250 9933 and we will send a copy to you.



Tinnitus

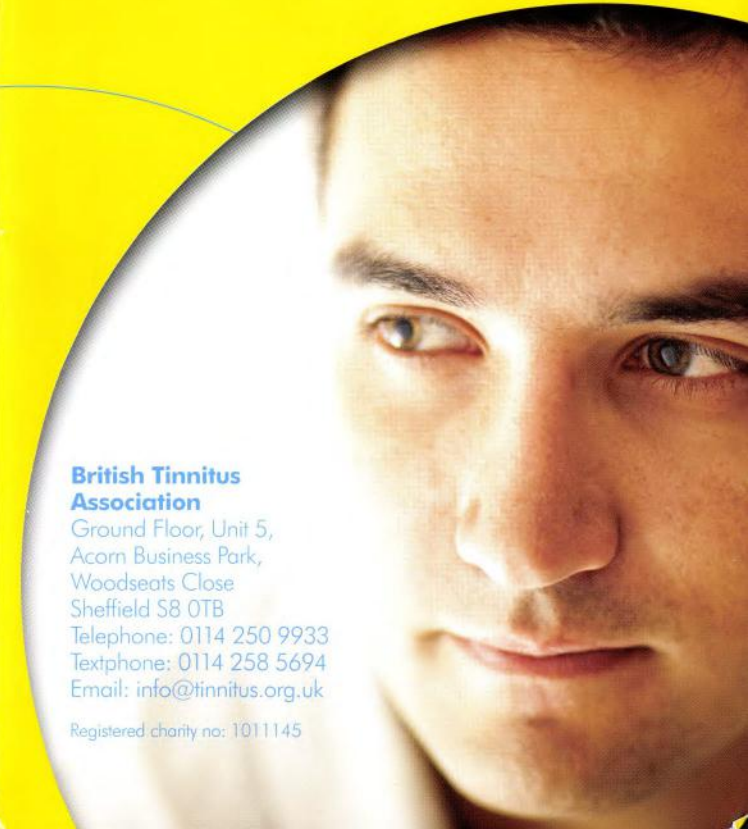
Freephone helpline
0800 018 0527

www.tinnitus.org.uk
info@tinnitus.org.uk

British Tinnitus Association

Ground Floor, Unit 5,
Acorn Business Park,
Woodseats Close
Sheffield S8 0TB
Telephone: 0114 250 9933
Textphone: 0114 258 5694
Email: info@tinnitus.org.uk

Registered charity no: 1011145



10% of the UK adult population have permanent tinnitus



What is tinnitus?

Tinnitus is the perception of noises in the head and/or the ears which has no external source. It is not a disease or illness; it is a symptom generated within the auditory system. The noise may be in one or both ears, or in the head, or it may be difficult to pinpoint its exact location. The noise may be low, medium or high pitched. There may be a single noise or two or more components. The noise may be continuous or it may come and go.

Who gets tinnitus?

Experiences of tinnitus are very common in all age groups, especially following exposure to loud noise. About 10% of the UK adult population have permanent tinnitus.

What causes tinnitus?

The causes of tinnitus are still not fully understood, but tinnitus can be associated with:

Hearing loss - the delicate hair cells in the inner ear may reduce in number due to 'wear and tear' as people age. This gradual change can cause hearing loss, which makes tinnitus more noticeable as it is not masked by external sound.

Exposure to loud noise - hair cells can also be damaged by exposure to loud noise, which could generate tinnitus.

Stress and anxiety - it is not always clear whether stress causes the onset of tinnitus. However, tinnitus may be more noticeable if you are anxious or stressed.

Ear infections - middle ear infections can cause hearing loss and tinnitus. Symptoms will normally be temporary, but it is important to have the underlying infection treated by a GP.

Treatment options

Tinnitus is rarely an indication of a serious disorder, but it is wise to see your doctor if you think you have it. Your GP will be able to refer you to specialist Ear, Nose and Throat (ENT) and Audiology services.

An ENT specialist will take a medical history from you, perform a clinical examination and arrange for any tests, such as hearing tests. You should then be referred to the Audiology service for help in managing your tinnitus.

There are several strategies that can be very helpful in managing the condition.

Information - you will probably feel better when you find out more about the condition, that it is very common and that you are not alone.

Counselling - techniques such as Cognitive Behavioural Therapy (CBT) can be helpful, either as a standalone therapy or combined with sound therapy.

Correcting any hearing loss - if your tinnitus is accompanied by any hearing loss, then trying to correct this loss with hearing aids is often very helpful.

Sound therapy - if the noises seem louder at quiet times, particularly during the night, it may help to have some environmental or natural sound from a CD, a sound generator, or even a fan or ticking clock in the background. Some people use in-ear sound generators.

Relaxation - learning to relax is probably one of the most useful things you can do to help yourself. Those who practise relaxation techniques say they reduce the loudness of their tinnitus and helps them become indifferent to it.

Find out more

BTA Helpline - if you would like to talk to someone about any problems you have, you can telephone the BTA helpline on **0800 018 0527** and speak in confidence to one of our friendly advisers who have years of experience in talking to people with tinnitus.

Support groups - we can also put you in touch with a support group or contact if there is one in your area. Groups are run by people who are living with tinnitus - personal contact and shared experience are very useful for many people with tinnitus.

Information leaflets - the helpline can give you details of the BTA's wide range of information leaflets on tinnitus and associated subjects. They can also be downloaded free of charge from the BTA's website www.tinnitus.org.uk

It does get better

Studies have indicated that, over time, the noises disappear completely or at least diminish to a tolerable threshold level in most cases, as the brain loses interest and stops surveying the signal. This process is called 'habituation'. The length of time this takes varies from person to person - but it does happen.



Full details of all the information consulted in the production of this leaflet are available on request.



Whilst the BTA makes every attempt to ensure the accuracy and reliability of this information, it is not a substitute for medical advice. Always consult your GP or other medical professional.