

**BY FRIEDER KÜHNE**

# FREQUENTLY ASKED QUESTIONS ON TINNITUS

[WWW.OUTRINGTINNITUS.COM](http://WWW.OUTRINGTINNITUS.COM)

[CHECK OUT THE PODCAST !](#)

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Outring tinnitus is a professional online tinnitus coaching service. It was founded in 2019, and helps clients all over the world to live a better life despite the condition. While there are many dubious practices and „medicines“ designed to help with tinnitus out there, the Outring tinnitus program is based on scientific evidence such as on the effectiveness of cognitive behavioral therapy, as well as many years of personal and professional experience. For more information please check the link below, or contact Frieder directly.

Enjoy your read!

**Frieder Kühne**  
**Founder of [Outringtinnitus.com](https://outringtinnitus.com)**

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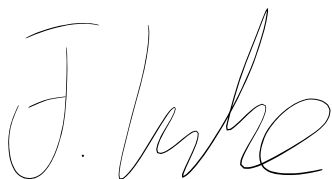
# INTRODUCTION

Hey all,  
This is Frieder Kühne, founder of Outring tinnitus. I am thirty years old, and live with my wife in Berlin, Germany. Being born deaf on one ear and having lived with severe tinnitus and a hearing aid on my right ear for over ten years, I started my own business as a professional tinnitus coach. My job is to empower people all over the world to live a better life despite tinnitus. No Guru stuff, no empty promises. The tinnitus coaching I do, is based on science and behavioral training.

Here in this document, I have bundled and answered the most common questions on tinnitus I have been asked over the years. It's all bundled in one place for you to get a better understanding on what (your) tinnitus does and what it doesn't do. Enjoy your read and if you have questions I'm happy to respond to your email. [Send it here.](#)

Hoping to hear from you,

Frieder

A handwritten signature in black ink, reading "F. Kühne". The signature is fluid and cursive, with the first letter "F" being particularly large and stylized.

# **THIS FAQ CONTAINS:**

- 1. HOW DOES TINNITUS WORK?**
- 2. CAN TINNITUS BE CURED?**
- 3. WHY DOES MY TINNITUS SPIKE?**
- 4. WHAT CAN HELP WITH TINNITUS?**
- 5. WHAT COULD MAKE TINNITUS WORSE?**
- 6. WHEN IS A TINNITUS SEVERE?**
- 7. WHAT DOCTOR SHOULD I SEE?**
- 8. HOW CAN TINNITUS COACHING HELP ME?**

# 1.

## HOW DOES TINNITUS WORK?

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**T**innitus is the hearing of sound when no external sound is present. The word is derived from the Latin term '*tinnire*' meaning "to ring". While for some people it is a ringing, it may also sound like a clicking, hiss or roaring (or a combination of those). The sound may be soft or loud, low pitched or high pitched (or, again a few combined) Tinnitus is not a disease but a symptom that can result from a number of underlying causes; the most common one: noise-induced hearing loss.

Noise causes permanent damage in the inner ear. Thereby, the sound-sensitive hair-cells of the cochlea, our spiral-shaped hearing organ in the inner ear, are damaged. In response to the damaged hair-cells, the neurons in the cochlea misinterpret the signals from the damaged hair-cells and send a signal to the brain. The brain then unfortunately interprets tinnitus as oncoming sound where no sound is. [Read more science on tinnitus here.](#) Tinnitus is fairly common around the world, affecting about 10–15% of the average population. Most affected people suffer from relatively mild forms and therefore, tolerate it relatively well. It is a significant problem in only 2–5% of people.

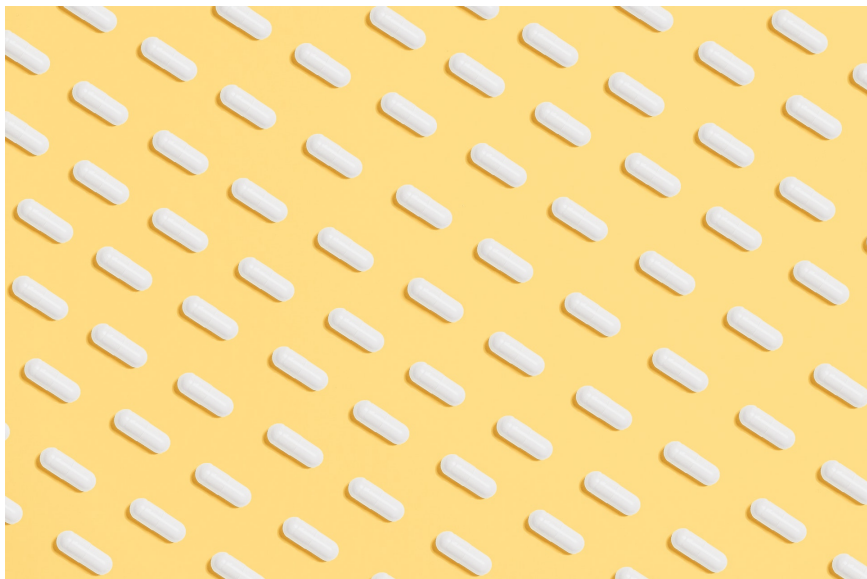
Tinnitus prevention involves avoiding loud noise. This means protecting your ears by all means! Buy some earplugs, avoid standing in front of loud speakers at concerts or events. I.e. tap your ear when an ambulance is passing (where possible). Whatever feels too loud, it probably is.

Tinnitus management and coping involves therapeutic approaches. Sound generators or hearing aids may help some people, but not all. As of 2020, there were no effective medications.

# 2.

## CAN TINNITUS BE CURED?

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**N**o, unfortunately not yet. To be more precise, the most common form of tinnitus that develops based on age- or noise induced hearing loss, is not treatable with medication. Other, more rare forms of tinnitus might be treated or cured if the underlying condition is resolved. As of July 2020, there is no scientifically valid cure for tinnitus. As the most common form of tinnitus (through hearing loss) develops in the brain (in a complicated interplay between auditory cortex and the limbic system and other mechanisms) it is not yet known

how the mechanisms of tinnitus exactly function and how we can potentially cure it. Steroid injections into the middle ear also do not seem to be effective. There is no evidence to suggest that the use of betahistine to treat tinnitus is effective. Ginkgo biloba does not appear to be effective.

There are a few new approaches out there to tackle tinnitus, however, until now they unfortunately all fail to deliver a lasting cure for a majority part of patients. Here is a very recommendable source on what the latest in tinnitus science is suggesting. Find the [European Scientific Guide on tinnitus Treatment right here.](#)

*(This Guide is written and researched by leading European tinnitus scientists, among them Rilana Cima who I have had the pleasure to interview on the outringtinnitus podcast.*

*You can find the episode here:*



[Link to Spotify](#)



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# 3.

## WHY DOES MY TINNITUS SPIKE?

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Unfortunately, for us suffering from tinnitus, being stressed out about the noise and anxiety can become a part of life. It's a vicious cycle in which stress and anxiety itself can act as the triggers, letting tinnitus spike. When your tinnitus spikes, it is often ascribed to either an emotional or physical reaction. Emotional if you are stressed out and anxious (not only about tinnitus) and physical when you've had too much caffeine, nicotine alcohol etc.. Even benzodiazepines can cause your tinnitus to increase temporarily. So, for some people its stress &

anxiety, for others the intake of substances or simply a mal adjusted diet (too much salt, too much sugar, dehydration etc.). tinnitus spikes are common and the best way to deal with them? Try to avoid what you might think causes them and do something that calms you down. It's called spike for a reason, that means it will also decrease again.

# 4.

## WHAT CAN HELP WITH TINNITUS?

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As said before, many people suffer from mild forms of tinnitus and simply get used to the sound at some point. If tinnitus is however more severe, there are a

few thing that you can do in order to try and get better:

Protocol when your tinnitus gets worse.

(I have a set of neat protocols you can use, just ask me). Try to relax, do yoga, meditations or take a long walk outside, take a warm bath. Look for someone to talk to you about your experience with tinnitus. Either someone who also suffers from tinnitus, or someone professional like me. Find someone who shares the struggle.

The best supported treatment for tinnitus is a type of counseling called Cognitive Behavioral Therapy (CBT); see also the European guidelines on tinnitus treatment [link](#)) which can be delivered via the internet or in person. It decreases the amount of stress those with tinnitus feel. My cognitive behavioral therapy is done via video coaching sessions and can benefit anyone around the world. [Get a free session here!](#) Preventing your hearing loss is another very important factor to avoid tinnitus spikes. Please always protect your ears in noisy environments. Magnesium as supplement has shown to decrease the negative effects of noise exposure.

# 5.

## WHAT MAKES TINNITUS WORSE?



**D**epending on what type of tinnitus you have, and how severe your symptoms are, there are a few things which you might want to avoid when you are in an acute phase of tinnitus that goes with anxiety and stress:

### Try to avoid:

Alcohol, (too much) caffeine, nicotine, illegal drugs, refined sugar, too much salt. Too much stress, sleepless nights, worrying.

Blue-light exposure in the evening (no TV or smartphone).

Extended noise exposure (wear your earplugs).

Unfortunately hearing loss (one of the primary contributors of tinnitus) can also be linked to genetic causes, and while if you keep a healthy diet, sleep well, and exercise regularly you are probably set up for a happy and healthy life, you can still be affected by tinnitus, if your genetic cards are shuffled against you. That's no problem however, as I said, I am more than happy to help you with coping with the annoying tinnitus and offer everyone a first free complimentary tinnitus coaching session. You can live a good life too!

# 6.

## WHEN IS TINNITUS SEVERE?

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**T**innitus is an extremely individual condition. We all suffer from different noises, intensities and how much it affects our daily life. There is however a widely recognized questionnaire by the American Tinnitus Association which determines your THI (Tinnitus Handicap Inventory) score. This score tends to help hearing health professionals to assess how big the impact on your life is. You can find the questionnaire [right here](#). In my opinion, tinnitus is severe, if you are hindered and cannot continue to live your life as you would otherwise. If your sleep, social connections, your work and social life are affected,

you suffer from severe tinnitus. But even if you only suffer from not being able to focus on reading in quiet but if that is your job or your absolute passion that means that tinnitus has a severe effect on you as well.

As it is so extremely difficult to objectify individual severity, I take on all patients equal. I want to identify all the areas that are most affected in your life, and plan to improve the overall quality of life accordingly.

# 7.

## WHAT DOCTOR SHOULD I SEE?

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**T**innitus is in almost all cases not dangerous. However, if you have not yet checked in with your GP or an ENT, please consult them to make sure you have no underlying condition causing the tinnitus. An ENT will regularly have a set of tests for you and will evaluate your hearing ability as well as sound pressure and make sure you have no infections etc. in your ear.

As much as it sucks, most of the time your ENT will tell you that you're generally fine and that you should not stress out about your tinnitus too much. That's unfortunately usually what happens and which is when people turn to me for help. I'm not a guru, but I have a good set of tools at hand to enable you to live a better life despite tinnitus. Not sure about the diagnosis you got? contact me ☺



# 8.

## HOW TINNITUS COACHING HELPS

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If you suffer, or have been suffering, from tinnitus, you might believe the ENT's and all the negative people out there that you can't do anything to get better with your tinnitus. **That's not true.** First of all, you don't have to go through all of this alone. You don't have to spend months on research about tinnitus and then try to cope with it by yourself. There are people like me out there who have been through the journey already.

Within my ten years of life with intense tinnitus, single sided deafness and a hearing aid, I have come to

understand a lot, not only about tinnitus and hearing loss itself, but also about the mental challenges tinnitus sufferers around the world are confronted with. From being left at the ENT with a “don’t stress too much about the tinnitus” to YouTubers claiming that fasting or doing Yoga will help you, I come with a more holistic view on this individual symptom that bothers so many people. Our tinnitus is as individual as are the people who suffer from it. There is no such thing as one path for all, but there are individual ways that we can tailor for each person to get better overall. It is my personal passion to educate people on the topic of tinnitus and help individuals to cope and live better despite the ringing, buzzing, hissing or whatever the T might be. You can find more information on my [website and social channels](#).

I wish you all the best, today and always,

From Berlin,

A handwritten signature in black ink, appearing to read 'F. Kühne', with a stylized, flowing script.

**Frieder Kühne**  
**Founder of Outring tinnitus**

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VISIT **OUTRINGTINNITUS.COM** FOR MORE  
INFORMATION

**TRY THE PODCAST!**

