



**SCENT**  
SOUTH - COAST - EAR - NOSE - THROAT

*Drs. Berghash & Lanza, P.L. d/b/a*

# **SOUTH COAST EAR, NOSE & THROAT**

## **TINNITUS EDUCATION**

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## William Shatner appeal - 2008

February 2008

Dear friends,

Nothing in life prepared me for the experience of tinnitus. One day, while filming the episode “Arena” for my television series *Star Trek*, I was standing too close to a special effects explosion. The blast robbed me of some hearing and left me with screeching tinnitus that I have endured ever since. You know what I mean when I say that tinnitus affects everything in one’s life; you know how those first months of living with tinnitus are. No words adequately explain the agony.

It’s been many years since that dreadful accident. With ATA’s help and the right treatment I’ve learned to push my tinnitus into the background, at least on most days. I never realized how valuable silence was until that blast took it from me. ATA is working to give back silence to all of us! Its committed staff and volunteers need and deserve our help. Did you know that ATA is the *only* association of its kind in the world that makes it possible for individuals to band together to fund research for a cure? When I developed tinnitus, a cure seemed like a remote possibility. ***Today, the world’s best researchers are very optimistic that a cure is on the horizon!***

David Fagerlie, chief executive officer of ATA, recently visited me at my office in Los Angeles. He calls tinnitus the *malady of the 21st century* because it increasingly disturbs the lives of more and more people. He shared with me the brutal fact that ***tinnitus is the number one disability of soldiers injured in the global war on terror.*** These young men and women doing battle to protect our freedom often come home with sounds they can’t escape and will probably have forever, unless we are successful in our fight to cure tinnitus. David told me that even young children develop tinnitus from exposure to loud sounds. He noted a recent study conducted by the Centers for Disease Control, which found that nearly 13 percent of all American children have hearing damage from noise exposure alone! Hundreds of thousands – maybe a million or more – may have tinnitus from those injuries.

David cares deeply about this growing epidemic and is determined to bring silence back into our lives. He readily admits that he and ATA can't do that without our help. Will you help me fight this important fight? My years on television and movie sets of *Star Trek*, were full of daring adventures that saved planets from evil empires. But even Captain Kirk couldn't do that without the loyalty and performance of his crew. Think of ATA as a real-life starship and we are the crew leading it toward accomplishing its vital mission.

The future is in our hands. Will we be satisfied with a few dollars going into research, making a cure possible in the next generation or two? I say NO! We have a way to speed the rate of discovery *now*. Let's take action together. Please join me in making a very generous donation to ATA so that we are doing what we can to bring back silence in our lifetime.

Please go to ATA's **donation page** and give enough so that you really feel you are making a special contribution to create a better life for yourself and for the millions upon millions of others who are counting on ATA to make a difference. Thank you so very much.

Sincerely,

William Shatner  
Member, Honorary Board  
American Tinnitus Association

## What Is Tinnitus

Sometimes you may experience buzzing or whistling noise in your ears that may last for 24 hours a day. It may be constant without any break. This is not external source of noise, but rather due to muscle contractions near the ear, changes in the ear canal, or blood flow (vascular) problems.

It is not just people who suffer from tinnitus who hear this noise. We all sometime may experience tinnitus for short periods of time. For example, if we have been exposed to loud music for long periods of time, we sometimes can experience symptoms of tinnitus.

Normally, the ringing or buzzing in the ears will go away after awhile. But if it continues, chances are it is tinnitus. People who suffer from this condition find it very hard to cope with, as it is awfully disturbing and uncomfortable. People over the age of 40 are more likely to experience this problem. In the younger age groups, it is quite rare. This disease is more common in men than in women.

There are two main types of tinnitus: Non-vibratory tinnitus is caused by problems in the central or peripheral nerves involved with hearing. One may experience hearing sound in one or both ears. Sometimes this type of tinnitus may seem like the sound is coming from inside the head.

Vibratory tinnitus is often caused by mechanical sounds created by muscle contractions near the ear, changes in the ear canal, or blood flow (vascular) problems involving the face or neck. It is possible that one may hear sounds such as your own pulse or the contractions of your muscles which is referred to as pulsatile tinnitus. The major cause of tinnitus may be prolonged exposure to loud noise (auditory trauma) that can damage the nerves in the inner ear. However, tinnitus can crop up with all types of hearing loss and may be a symptom of almost any ear disorder.

Even some have it has been referred as "the club disease". This is because people experience tinnitus or "ringing ears" after attending loud clubs or concerts.

The ones who suffer from this hearing problem is certainly not a result of their imagination. While most cases of tinnitus are temporary and will go away after certain period, some cases require medical attention.

John Currie is the owner and co-founder of T-Gone Remedies Inc. and been helping tinnitus and Meniere's disease sufferers since 1999.

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John Currie provides information and advice on tinnitus, hearing loss and Meniere's disease at <http://www.t-gone.com> The website has been active on the web since 1999 and has helped over 90, 000 hearing loss and tinnitus sufferers since 1999.

## **How to Cope with Tinnitus**

If you have heard of Tinnitus, chances are you cringe at the thought of developing such a problem. With constant high pitch sounds resonating throughout your ears, it is a wonder that anyone can focus on other areas of life. Surprisingly, at least half of the 35 million Americans suffering from this disease can deal with it. While it is one of the most difficult things anyone will have to face, it is possible to take control.

Tinnitus may make the person feel like they have been defeated, but there are ways to control the sound, and perhaps decrease it. **Otolaryngology's** will teach you how to take the sound and alleviate it to an extent. For instance, there are concentration exercises that focus on relaxation. By calming your ear muscles down, it can actually decrease the stress, and thus control the constant ringing that you hear. Some patients actually claim that it stops the sound all together, while others say it only helps a little. Nevertheless, it is an exercise that should be tried.

If the ringing sound is driving you crazy, doctors will suggest covering it up with another sound. White noise from a radio or a clock that ticks loudly can make you focus on other things, especially if you are in a very quiet environment. When you go to bed, there are peaceful sounds that you can try. The majorities of Tinnitus sufferers buy pillow speakers and suggest using relaxation music that is similar to yoga or relaxation techniques. Still not helping? It is imperative that you find other areas in life to focus on. Go for a walk, hang out with friends, or simply ride a bike. By doing all of these other hobbies, you will most likely be able to block out some of the noise.

It has been shown that stress actually increases the ringing in people's ears. Therefore, it is essential to always stay stress free, or at least keep it to a minimum. Exercising daily to alleviate anxiety, listening to soothing music, or writing may help

you cope with this. It is also recommended that you avoid salty foods. By eating healthy and avoiding caffeine, alcohol, and nicotine, you could be doing your ears a huge favor.

Although Tinnitus can drive people to serious places, it is possible to enjoy life and ignore the ringing. Most people feel that support groups are actually the most helpful. For this reason, you should try and locate an organization or group that deals with this kind of issue. You will be able to hear other people's stories, and learn a lot from the techniques that they use. Nevertheless, having Tinnitus doesn't mean that your life has to end. It may bring extra hurdles that you have to overcome, but it is possible to walk a smooth path. By living stress free and surrounding yourself with amazing people, the disease does not have to win. You can still accomplish whatever you'd like, even if there is a ringing in your ears.

### **Tinnitus dangers for the iPod generation**

The walkman and portable CD players are yesterday's news; the iPod generation has officially taken over. These new hip portable music players, commonly known as MP3 players, have taken the world by storm not only by changing the way people perceive their music but also in the way they hear it. With the popularization of the MP3 player, people started listening to music on the go, whilst driving, working, eating, walking, and exercising, satisfying their music desires all day long, anywhere and everywhere.

The problem resides in the fact that today's youth spend hours every day listening to loud music on their MP3 players, frequently without any intervals for long periods of time. But the question we should be asking ourselves is, can these very trendy MP3 players cause hearing damage and tinnitus? Pete Townshend, guitarist for the very popular 60's rock band "The Who" believes that his tinnitus and consequent hearing loss wasn't a direct result of their incredibly loud live performances but rather from using headphones while in the recording studio. Although the band was notoriously known for their excessively loud concerts, Pete Townshend explained that what really hurt his hearing were the many hours he spent in the recording studios and from listening to tracks for recreational purposes all through headphones.

Many believe that digital MP3 players introduced even a greater risk of tinnitus because they are more powerful and can hold substantially larger quantities of music. The old cassette walkmans and portable CD players (Discman) were quite large when compared with a MP3 player and because they required Cassettes or CD to play music, users never used them for very long periods of time without intervals. Even the most modest MP3 player can hold hundreds of songs and because these gadgets have a powerful rechargeable battery users can listen to music non stop for hours on end.

Many Specialists have repeatedly warned MP3 users that listening to very loud music with earphones could cause catastrophic and irreversible hearing damage. Furthermore, prolonged use, even if at reasonable moderate volume, could also represent a threat because today's modern earphones are normally introduced directly into the ear. The concern is so serious that experts have even gone as far as saying that MP3 players should be designed to prevent users from playing music above 90 decibels.

### What Causes Tinnitus?

For any tinnitus sufferer, it can be overwhelming to try and stop the ringing. When doctors tell you that there is only so much you can do, and stress becomes a major setback, life just doesn't seem fair. Often patients fear the worst and begin to feel like there is no way out for this problem. It also is extremely frustrating when you know that you can hear the overpowering sound, yet no one else around you can.

For any person who suffers from Tinnitus, it is important that you recognize how you acquired it. Many people do not learn as much as they can about the disease, because they feel like it is no use. However, it is extremely imperative that you learn as much as you can about the disease and what causes it. This may help you start coping with what you have, regardless of how frustrated you feel.

There are actually two different types of Tinnitus. **Objective Tinnitus** is when other people around you can also hear the noises. This may make patients feel a little bit better, since they know they aren't crazy. Unfortunately, this is an uncommon type of Tinnitus, and generally the majority of people do not have this kind. **Subjective Tinnitus**, on the other hand, is when an individual only experiences these isolated sounds. No one else can hear the ringing, and it becomes a difficult situation to treat. At least with Objective Tinnitus, other people can hear what you are hearing.

While there are two different kinds, both usually stem from many different sources. For many sufferers, it stemmed from a traumatic event. If you were present during

loud gunshots or a massive explosion, chances are your hearing would be damaged. When nerve endings become harmed, ringing usually starts to bother the patient. Serious accidents can also be a factor for Tinnitus patients. For instance, if you were in a car accident and had tremendous head injuries, you could also end up with this ringing sensation. Unfortunately, there are hundreds of different factors and reasons why this disease occurs. It could be as simple as buildup wax. Nonetheless, it usually means that there is a more serious issue lying underneath.

Tinnitus has also been linked to Thyroid problems. If your Thyroid begins to produce too much of the substance, it will begin to bother your other organs. While your heart beat begins to increase, patients may also hear a ringing or piercing pulsating noise in their ears. For others, a B12 or Vitamin A deficiency could be the problem.

Due to the fact that Tinnitus is caused by hundreds of different factors, it can be difficult to treat. After all, how can a Doctor treat a predicament when they can't trace the cause of the disease? Senior citizens often suffer from hearing loss, while others actually have heart problems and Tinnitus is only a symptom within another disease. With all of these potential factors, it is frustrating for medical professionals and patients alike to move forward. Luckily, with medicine and technology constantly improving, better treatment will be in attendance in no time.

## **6 Steps to Relieve Stress**

We get over-stressed now and then. It's a natural response under certain conditions. We need to be concern when our stress is getting out of hand and interfering with our lifestyle. What problems can too much stress cause?

High Blood Pressure · Colds and the Flu · Allergies · Diabetes · Damaged Relationships · General Bad Health

The list goes on....

Getting over the stress is what we want to strive for. How can we go about this? Taking the natural approach is probably the best way to start. Here are a few ideas to begin with.

**Exercise:** It may be difficult to begin an exercise program but once you start it will become easier. Exercise helps to blow off steam and gets rid of excess stress. So you benefit by reducing your tension and obtaining a workout as well. Of course talk to your physician before beginning an exercise program.

**Relax:** Yes it is hard to relax when you are stressing. Try taking in a deep breath slowly. Now as you breathe out picture all the stress leaving you. You may find that doing relaxation techniques on a regular basic when you aren't stressed out will be beneficial.

Learn relaxation techniques such as: · Meditation · Yoga · EFT · Z-Point · Bio-Feedback · Listening to some soothing music. · Prayer · Asking for Assistance · Joining a Support Network

**Look into what causes your stress:** You may not know what is inducing you stress. Try to understand where the source is coming from if possible. Once you understand what is causing your stress you can try to modify these problem areas. If you can't, can you substantially reduce them? Maybe you can look at these stressors in a different way.

**Have a Positive Attitude:** Always look on the bright side of things. Don't think about what may go wrong. Take positive steps to improve yourself, your business and your spirit. Work on your ambitions. Find methods to enhance your routine activities. At the end of the day understand that you have done all you can to maintain a healthy outlook on life. Now you can relax and enjoy the remainder of the evening either by yourself or with family and friends.

**Nutrition:** A healthy diet with the proper nutrition is one key to balancing your physical, mental and emotional health. Frozen TV dinners or Big Macs are not good choices. You need to consume as much unprocessed food as possible. Try to eat as much organic products as possible to eliminate pesticides from your diet. Eat plenty of fresh vegetables, raw if possible, and some fruit. Drink plenty of clean water to keep those brain neurons communicating.

**Get Enough Rest:** Getting enough sleep at night is crucial to keeping stress at bay. Try to relax the best you can in the evening. Exercise early so that you aren't all wound up. If you watch a movie, ensure it's not too violent or exciting. It may be better to watch a comedy, read something soothing or listen to soft pleasant music.

If your stress is so severe and you can't seem to find relief regardless of what you try then you may desire to request professional help.

So there you have six ideas that will help you reduce stress and enjoy life more. Don't delay. Start on these recommendations right away. Don't stop there. Keep looking for new ways to manage your stress and genuinely enjoy life once more.

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Lambert Klein is the owner of Think Healthy supplements and products.  
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## **What Your Anxiety Symptoms Are Really Telling You?**

Are you suffering from the gnawing nagging feeling of overwhelming unsettled emotional discomfort? Is it affecting your self-esteem and motivation?

Most are familiar with the general anxiety disorders that can be triggered by fears, impending doom, obsessive-compulsive, post-traumatic stress and more. But what about other not so obvious things that raise apprehension and uneasiness that you can't explain?

What is at the root of your anxiety symptom? It may be buried deeply in your subconscious, but most likely you are just not currently aware of the cause. There are many possible things that can be the source of the disharmony leading to undesirable emotional feelings. What do you feel that you can't cope with? Does it relate to the general condition of your life?

What if you are feeling anxious because deep inside you know that you are not thinking and acting in ways that support your core self? You may not even be consciously aware of what is truly important to you, but your incongruent behavior is causing internal friction that your emotions are responding to. Not being aware of why you feel the way you do supports the anxiety, you feel powerless and unsure. But why are you uncertain?

It is normally based on your perception and subsequent interpretation of something. There can be some subtle things that are the cause of stress and anxiety.

Here are 5 places to look for some possible root causes of your anxiety symptom:

1) Personal integrity is compromised -- Are some of your thoughts and behavior not in alignment with your most important values? This situation can be tough to detect until you look for it, as you may not be clearly aware of your deep values. If there is a conflict between your behavior and your deepest core values you will feel emotionally unsettled. Your thoughts and actions must be congruent with your deepest values in order to feel harmonious.

2) Less than honest interactions -- Are you less than honest and forthright in your interactions with others? If you are living even small lies you may be fooling some of the people some of the time, but never yourself. Deep within, you know what's going on and your inner self will let you know when something is not right. However, if you are not aware of your inner thoughts and feelings you may not be sure what your anxious feelings are based on.

3) Cheating Your Potential -- Are you not utilizing all of your potential? Do you make excuses for not using all your potential? Are you full of reasons and justifications in an attempt to feel right about your less than full effort? You know this inside; you can't cheat yourself and get away with it. When you are consciously not aware of it you can feel out of control without knowing why. Not utilizing your full potential can be stressful and anxiety symptoms will come from your feeling not in control.

4) Stuck in the Procrastination trap -- You know that you are not getting done what you want to get done and what you are capable of doing, but can't seem to do anything about it. Also you become unsure that you can do anything about it since you have not been able to up to this point. When you get stuck in this cycle the frustration with yourself can turn into anxiety, as you don't know what is behind it, plus worrying whether you can ever change it.

5) Fearing your future without knowing why -- This relates to the first four items, in that if any of the above conditions are present you can easily feel unsure of your future. Facing the future with self confidence requires that you be well grounded in who you are and in touch with your potential. Not being secure and feeling unsure whether you can do anything about it is stressful and can lead to anxiety.

Stress and anxiety can go hand in hand as you are continuously aware of your feelings of uncertainty and the resulting fears. It can even be the cause of depression if the situation seems like it's hopeless.

The key is to root out these base causes of your emotional feelings, reassess them and change your perception to better align with the life you want.

Anxiety symptoms are red flags your inner referee is throwing up to notify you that something is not right, out of balance. If you let it go, just like a physical ailment, it gets worse and becomes more and more established. These self-concepts originated from some perceived need to protect or satisfy in some way. Since you are feeling unsettled, they are likely no longer supporting your best interest. Your inner self is making you aware of an opportunity to change for the better.

To discover what the sources of your stress and anxiety are and what were the benefits, ask yourself some probing questions to peel open your thoughts. Once your thoughts are revealed, then reassess and establish a new perception and interpretation of the situation or idea. Asking questions of yourself may not be easy at first, as your mind is not accustomed to thinking in this fashion. But with diligence, you will learn to allow your thinking to open up revealing much more about yourself than you were

previously aware of, but it's there.

Also useful method to help to reveal your inner thoughts is to meditate on it. Meditation helps to calm and quiet the surface chatter that keeps you distracted and separated from your inner thoughts, allowing for their rediscovery.

Another beneficial self-improvement activity is to clarify, establish and define a solid foundation for yourself. For example, just as a tall building cannot be stable without a strong foundation, neither can a successful life. You can solidify your place in the universe, discover your purpose, align with intention, and establish a vision and a personal mission. You can clarify your core values, your potential, your strengths and how you will support your purpose.

In establishing a solid foundation for yourself you will elevate your self-concept, self-esteem, self-confidence and self-motivation --it's how to relieve stress, anxiety and depression. You will be able to grow and change without excessive fear, doubt and worry.

Continuous self-improvement with a positive attitude leads to happiness, positive thinking and unlimited possibility.

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John Halderman

Design A Life System

Stop collecting unused information! Discover why books don't help your life success -- leaving you stuck with a false sense of improvement! Time to DO something! Fill the VOID between information and dynamic results. Kick your life into high gear with free "Effective Personal Development" Newsletter and 40-page free report revealing secrets to daily growth and change. <http://www.designalifesystem.com>

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