

### **Have a constant ringing in your ears? Get HBOT!**

Tinnitus or ringing in the ears is a feeling that there is constant noise present in our ears, despite there being no acoustic stimuli. It has been proved that HBOT can help alleviate it or in some cases help even more.

“Tinnitus is the perception of sound in the absence of an external auditory stimulus. Tinnitus is a distressing condition that can disturb one’s day-to-day life in a number of ways including distress and annoyance, disruption of sleep, anxiety, and depression. An estimated 16 percent of the American population (50 million people) experience tinnitus to some extent, with up to 16 million seeking medical help and 2 million being unable to lead a normal life,” according to AHRQ website.

### **As soon as possible**

Breathing oxygen under hyperbaric conditions allows the partial pressure of oxygen in the blood to increase. This can be used in tinnitus and sudden deafness when their development in the inner ear and brain leads to a lack of oxygen and thus to a limited supply of energy. The results of studies to date have shown that we can apply hyperbaric oxygen therapy in this condition when standard treatments failed to improve it. “One can work on an improvement rate of 60-65% with tinnitus. HBO therapy should start as soon as possible. Especially in cases of sudden deafness the success depends on a speedy application of HBO. The HBO therapy broadens the spectrum of treatment possibilities for tinnitus and sudden deafness,” according to D. Böhmer.

Studies have shown that HBOT is most effective when started within three months of the onset of tinnitus and sudden hearing loss. The longer the treatment is delayed, the less chance there is of it being successful, especially with tinnitus. In cases of people suffering the condition for 12 months or more, research has shown that hyperbaric oxygen therapy cannot change anything.

*AHA Hyperbarics does not provide medical advice, diagnose health conditions or prescribe treatment. The contents of the AHA Hyperbarics site, such as text, graphics, photographs and other materials on the AHA Hyperbarics site are only for informational purposes.*

[Read more](#)

### References:

[Evaluation and Treatment of Tinnitus: A Comparative Effectiveness Review](#). Published online on AHRQ website Feb 22, 2012.

Böhmer D. [Treating Tinnitus with Hyperbaric Oxygenation](#). Int Tinnitus J. 1997;3(2):137-140.