How do I make an appointment at the Clinic?

Before coming to the Tinnitus Clinic, you must see an otolaryngologist (an ear, nose, and throat specialist) about your tinnitus or sound intolerance. This can be arranged by a referral from your family doctor.

We will need:

- a copy of the ‘consult’ letter from your otolaryngologist, and
- copies of any hearing tests you have had done.

Please ensure that your otolaryngologist’s office sends these documents to the Tinnitus Clinic.

Once your otolaryngologist’s office has sent a copy of the consult letter and your hearing test results to the Tinnitus Clinic, please call our clerk at 604-806-8660 to arrange to come to the Tinnitus Clinic.

Where can I get more information on TRT?

You can find more information on tinnitus, sound intolerance and TRT on the following web site:

www.tinnitus.org
What does the Tinnitus Clinic do?
Our clinic provides therapy to people who suffer from tinnitus and/or hyperacusis (sound intolerance).
Patients who come to the clinic do Tinnitus Retraining Therapy (TRT) with a specially trained audiologist. TRT is our preferred therapy for tinnitus management.

What is Tinnitus Retraining Therapy?
The goal of Tinnitus Retraining Therapy is to lessen the effect tinnitus has on your life. Through TRT, tinnitus can become less annoying and less noticeable.

There are two components to TRT:
1) Teaching and counseling sessions.
2) Sound therapy. We ask patients to use devices to generate or amplify background sound both day and night. These devices include tabletop sound machines, sound generators worn in the ear and hearing aids. The background sound helps to make tinnitus less noticeable.

TRT does not involve any surgery or drugs. You may also have heard about habituation or habituation-based therapy. TRT is a form of habituation-based therapy.

Will this therapy make my tinnitus go away?
Not necessarily. TRT is not a cure for tinnitus. It is likely that you will still be able to hear your tinnitus if you listen for it.

The goal of TRT is for you to “habituate” to your tinnitus, meaning you will:
• Become less aware of your tinnitus.
• Find the tinnitus less annoying or bothersome when you are aware of it.

I have trouble dealing with loud sounds. Can TRT help this?
Yes. We refer to this as sound intolerance or hyperacusis. People with hyperacusis find moderately loud sounds uncomfortable or painful. Often these are high-pitched sounds or sounds that begin suddenly such as banging or clattering. These same sounds wouldn’t bother most other people. People with hyperacusis may also find background sounds difficult to ignore. Hyperacusis occurs with or without tinnitus. TRT can help to partly or completely reverse hyperacusis.

How long does TRT take?
Your first appointment at the clinic will be a group session. The purpose of this session is to give you some tips on how to manage your tinnitus and to introduce you to the goals and methods of TRT. After attending the group session, you can book an individual appointment to begin TRT.

Your first individual appointment will last 2-3 hours. At the end of your first individual appointment, you and your audiologist will decide if you could benefit from additional TRT appointments.

What is Tinnitus?
(pronounced TIN-i-tus or tin-EYE-tus):
- is an awareness of a ringing, buzzing or other sound coming from within the head.

Sound Intolerance:
- when moderately loud sounds are uncomfortable or painful.

If you decide to continue with TRT, we will schedule a follow-up appointment. This first follow-up appointment should take place after about 4 weeks. After this, appointments are scheduled for every 2-3 months, depending on your progress.

Once started, TRT usually takes between 18 to 24 months to complete.

How much does TRT cost?
The BC Medical Services Plan does not cover TRT. Everyone who comes to the clinic must pay for the therapy.

<table>
<thead>
<tr>
<th>Service</th>
<th>Cost</th>
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<tbody>
<tr>
<td>Group session (3 hours total)</td>
<td>$75</td>
</tr>
<tr>
<td>First individual session</td>
<td>$250</td>
</tr>
<tr>
<td>Individual follow-up sessions</td>
<td>$120 per hour</td>
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Workers with a recognized tinnitus claim may be eligible for coverage of TRT through WorkSafeBC. Veterans and retired RCMP members with tinnitus “entitlement” can apply for coverage of TRT through Veterans Affairs Canada. A one-time $50 referral fee will be added to fees billed to third parties for file review, evaluation, planning and appointment scheduling.