

Once embarking on our program, very close contact is kept with you until some improvement has been noted. Thereafter, our patients enjoy regular follow-up visits as well as close consultation with the staff on an as-needed basis which we consider to be paramount for a successful program.

Sound idEARS/Vancouver Tinnitus & Hyperacusis Clinic was established in 1996 and offers a variety of communication intervention programs to individuals of all ages. This includes the dispensing of hearing aids, TRT, speech and language therapy, auditory processing assessments and remediation.

*From some of our TRT patients...*

*"I'm so glad I did the treatment – my tinnitus is no longer even an issue in my life anymore."*

*"I never thought I could enjoy some silence again – it's wonderful!"*

*"Before this treatment, I couldn't do anything with my family because of my sensitivity to noise – now, I don't even give it a second thought."*

*"I've tried so many different treatments for my tinnitus but finally, this one worked."*

*"The severity of my tinnitus changed from an incapacitating 10 out of 10 to an inconsequential 2 out of 10."*



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# Tinnitus and Hyperacusis

Haven't you suffered  
long enough?

Something can be  
done about Tinnitus  
and Hyperacusis

**TINNITUS:** describes a condition where a noise is heard in the ears or head. It is frequently described as a ringing, buzzing, humming or hissing sound.

**HYPERACUSIS:** describes a sensitivity to everyday, environmental sounds as a result of over-amplification in the auditory pathways.

**MISOPHONIA:** often accompanies hyperacusis and refers to a strong dislike of certain environmental sounds.

Tinnitus Retraining Therapy (TRT) is based upon the Neurophysiological Origin of Tinnitus which was originally proposed by Dr Pawel Jastreboff in 1990. For over 10 years, this model continues to remain unchallenged and an increasing number of researchers and clinicians are adopting this thesis. More than 800 professionals around the world have attended training courses and TRT's effectiveness is rapidly gaining recognition worldwide.

The model proposes that tinnitus is not a disease but merely is the ability by the individual to hear sounds generated by the auditory (hearing) system. These sounds are generated by the compensatory mechanisms of the ear which is a part of its normal function.

#### **TINNITUS RETRAINING THERAPY**

TRT uses a combination of sound therapy and informational counseling (teaching) and directions on how to return to normal life without provoking the symptoms of tinnitus, hyperacusis or misophonia.

The teaching component demystifies and explains the condition which will allow the brain to be rewired so that it can block out the perception of tinnitus.

The sound therapy component requires the use of either hearing aids and/or sound generators depending upon the individual's hearing abilities.

#### **FEATURES OF TRT**

- There are no harmful side effects.
- It is suitable for all types of tinnitus irrespective of the etiology (or cause of the tinnitus)
- Research worldwide has shown an effectiveness of over 80%, significantly above the placebo effect of 40%.
- TRT requires a limited treatment period only. However, it is not a "quick-fix" and requires a minimum of 18 months.
- It does not require frequent visits and the treatment process easily accommodates many out-of-town patients.
- It is the only treatment that is based upon a scientific model.

#### **FINANCIAL CONSIDERATIONS**

The treatment expenses are not typically covered by Health Plans. If your TRT requires the use of hearing aid(s), that portion may be covered by 3rd Party Service Providers (Department of Veterans Affairs, Department of Indian Affairs, Worker's Compensation Board), and various Extended Health Plans. Expenses paid out-of-pocket may typically be claimed as a medical expense as part of your income tax claim; check with your accountant.

**TINNITUS RETRAINING THERAPY ASSOCIATION (TRTA)**  
The TRTA was established by Drs. Pawel Jastreboff and Jonathan Hazell to help maintain high standards in the proper utilization of TRT. Membership of the TRTA requires:

- 1 participation at an accredited TRT course conducted by either Dr. Jastreboff or Dr. Hazell;
- 2 a minimum of 6 months experience with TRT;
- 3 acceptance of the Neurophysiological Model of Tinnitus as the basis of treatment;
- 4 provision of individually designed treatment protocols with comprehensive follow up for every patient.

Sound idEARS is proud to be a member of the TRTA. For a complete listing of TRTA membership, refer to [www.tinnitus-pjj.com](http://www.tinnitus-pjj.com)

#### **VANCOUVER TINNITUS & HYPERACUSIS CLINIC**

Carol Lau, owner of Vancouver Tinnitus & Hyperacusis Clinic was trained in TRT by Drs Pawel and Margaret Jastreboff at the Emory University, Atlanta in 1999. Since then she has been consulted by more than 300 tinnitus sufferers from all over Canada and the USA. Her treatment success rate is currently 85% with tinnitus, hyperacusis and misophonia patients.

At the Vancouver Tinnitus & Hyperacusis Clinic, we offer a free consultation at which time, we will be able to determine your suitability as a TRT candidate, TRT as it would apply to you, and a discussion of possible outcomes you may enjoy. We operate with the highest level of integrity and if there should be any reason that you may not benefit from TRT, you can be assured that you will be informed of this.