

Tinnitus Guide 2024 Edition

Learn about the newest tinnitus
treatments and management tips.



New for 2024

By Ben Thompson, AuD



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Tinnitus Guide: 2024 Edition

New Report By Audiologists



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If you have experienced symptoms of tinnitus, you are likely familiar with the basics of tinnitus: what it is, how it impacts hearing, and how it affects quality of life. What is often less well-known is the best way to go about seeking treatment, and subsequently seeing a reduction in tinnitus symptoms.

To equip you with the tools needed to fully understand, address, and get to the root of your tinnitus—to experience lasting relief—we have compiled a guide to the ins and outs of tinnitus, focusing on how to address phantom noises according to your unique symptoms and needs, the state of your auditory health, and the most likely cause of your tinnitus.

Getting Proper Medical Evaluation

Step 1 Get a hearing evaluation.

Your audiologist will complete a standard hearing test, also known as an audiogram. The hearing test can identify potential problems of the eardrum, hearing organ (cochlea), or the hearing nerve. If you are presenting with tinnitus and your hearing test comes back as "normal" then you may consider asking your audiologist to test your hearing sensitivity at higher frequencies than on a standard test, and/or to run a test called otoacoustic emissions, or OAEs.

Step 2

Rule out a medical cause.

An ENT physician is the best trained professional to determine if tinnitus is medically treatable. An ENT will look at your symptoms, your history, and available diagnostic tests (such as a hearing test) to determine if there is a possible underlying medical cause for the tinnitus. The physician may decide to order further diagnostic tests, such as an MRI, to evaluate or rule out conditions that may cause tinnitus.

Additionally, referrals to other professionals may be made for concerns regarding temporomandibular joint (TMJ) dysfunction or jaw problems, neck problems, or neurological conditions. Proper diagnosis is important, as there are some conditions that can cause tinnitus that do require medical attention and treatment. Proper diagnosis and management of underlying conditions can also help lead to better management of tinnitus symptoms.



Step 3 Find the cause of your tinnitus.

The three most common causes of tinnitus are cochlear, somatosensory, and stress-induced. Cochlear tinnitus is usually diagnosed when there are findings of hearing loss on a hearing test; however, it can still be a cause of tinnitus in people with normal hearing on a standard hearing test. However, some of these "normal hearing" individuals will present with reduced outer hair cell function on OAE testing, indicating some degree of cellular dysfunction.

Yet still, OAE results may also appear normal in cases of cochlear tinnitus. Researchers at Massachusetts Eye and Ear recently found that conventional hearing tests may not always detect problems with the auditory nerve. In fact there may be a type of "hidden hearing loss" with degeneration of this nerve. They measured responses of the auditory nerve and brainstem finding that there was hyperactivity in the brainstem in patients with normal hearing and tinnitus. They are hoping that these additional tests can pinpoint the problem causing tinnitus in some patients and help us with treatment options.

Somatosensory tinnitus can be caused by TMJ dysfunction, neck or shoulder issues, poor posture or postural abnormalities, cardiovascular issues, or a number of other medical conditions. If stress is a major cause of your tinnitus, this will be determined by an experienced clinician and is a diagnosis of exclusion, which means that other medical causes have been ruled out through testing or your history.

Tinnitus Recovery Timeline

The term “habituation” refers to a natural brain process of learning, in which your response to a stimulus, in this case, tinnitus, is gradually reduced with repeated exposure. We habituate to stimuli in our lives all the time, especially once we learn that the stimulus is not dangerous. Tinnitus is not life threatening, and it is something your brain can habituate to.

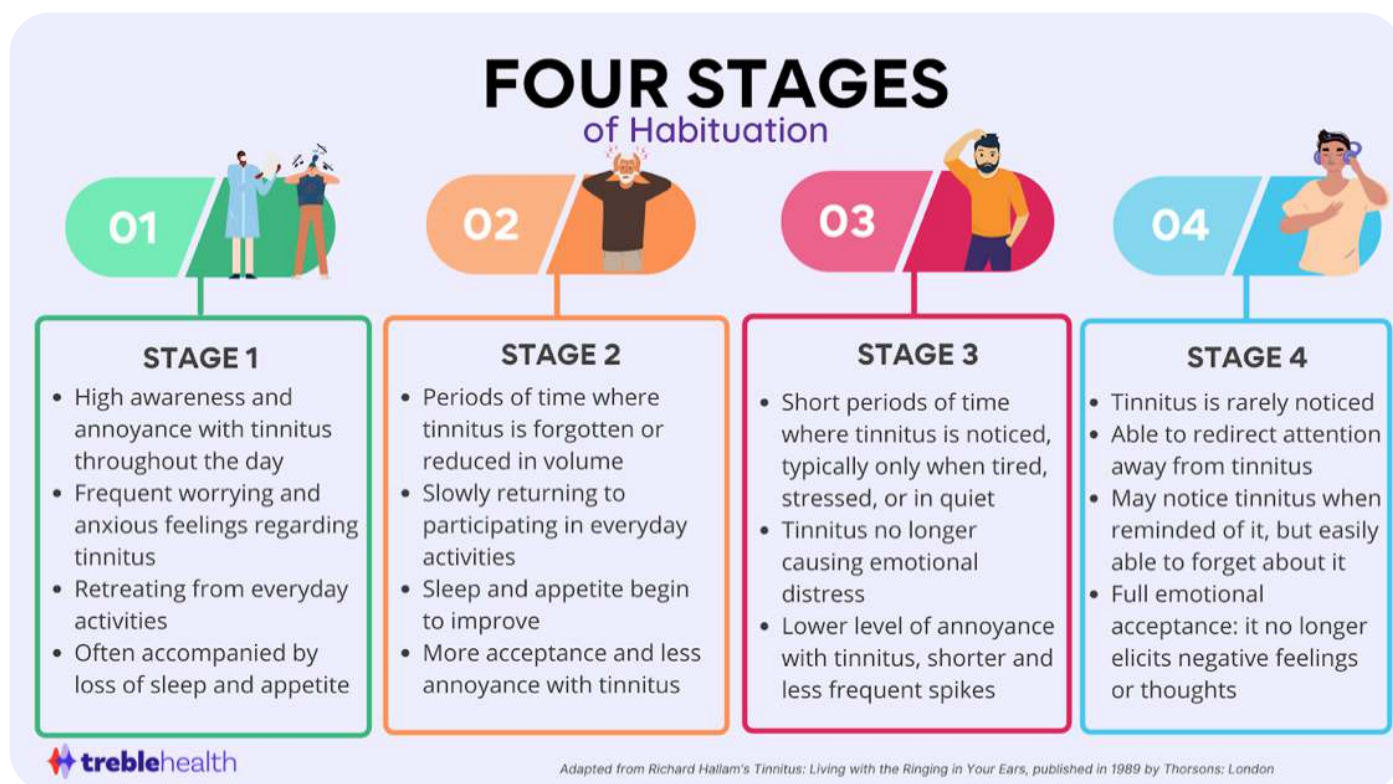
A vast majority of individuals with tinnitus eventually habituate, which means that you are rarely aware of tinnitus throughout your day. The process of habituation is not all-or-nothing. It occurs gradually and in stages, typically over a period of six to eighteen months. For most people, this process occurs naturally, without any prompting.

For some people, tinnitus is not easy to habituate to, however, individuals should not be alarmed because there are a large number of resources available to help in facilitating the habituation process. This can often be achieved with combinations of counseling, behavioral adjustments, and targeted sound therapy.

Once you start a comprehensive treatment plan for your tinnitus, you are likely to experience reductions in the awareness and annoyance of tinnitus within the first three to six months. During that time period, the volume level usually stays the same. Between six to eighteen months after beginning a tinnitus management plan, you will notice continued improvement in the awareness and annoyance of the sound.

Throughout the course of treatment, the volume of tinnitus typically gets softer too, at least perceptually. By the end of your habituation period, you are likely to still hear some tinnitus, but it will no longer bother you.

Sometimes it may feel like habituation is taking a long time. Habituation to tinnitus typically takes at least six months, and often takes longer. Don't give up if you haven't reached your goal yet. Keep following professional recommendations for managing tinnitus and you are likely to experience further benefits as time goes on.



People suffering with tinnitus often find it hard to believe that anyone could habituate to tinnitus that is as bothersome as theirs is. Yet studies show that habituation can occur with all types of tinnitus, regardless of the volume, type of sound,

or pitch. There are 4 proposed stages of habituation when it comes to tinnitus, and they can help patients understand the process of treatment, gauge their success and know what to expect along the way. These are well recognized by the American Tinnitus Association and tinnitus professionals world wide.

It is important to note that habituation can take place with or without intervention such as a tinnitus management program, each individual is different and unique and may require more or less support throughout this journey.

At the start of their tinnitus journey a person typically finds themselves in Stage 1, this corresponds to high awareness and annoyance with their tinnitus throughout the day along with frequent worrying and feelings of anxiety relating to their tinnitus. As the tinnitus persists the person may move into Stage 2 where there are periods of time where the tinnitus is less bothersome and forgotten about because the body has begun to accept the presence of this new stimuli more.

By Stage 3 the tinnitus is only noticeable infrequently, typically when the person is in quiet places or when tired, or stressed out. And by Stage 4 we have reached habituation! The body has reached full emotional acceptance of the presence of the tinnitus and no longer emits negative thoughts or emotions in relation to the tinnitus (even when stressed, tired or in quiet places).

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Tinnitus Phases: Treble Health



There are three typical phases after an onset of tinnitus. At Treble Health, we call them the urgent care, maintenance, and resolution phases. When appropriately managed, the urgent care phase can last up to three months, if at all. During the urgent care phase, you may be worried by or bothered by your tinnitus as your brain and body have not quite yet figured out if the tinnitus is something to be concerned about. This can be a difficult time as your brain is often focused on tinnitus.

For some people, this period does not last long, and they learn to habituate to the tinnitus during this time. For others, it may still be difficult to habituate this early on and a treatment plan can help them manage this phase and move on to the next. The maintenance phase typically lasts for between six and eighteen months. During the maintenance phase, you will learn to use coping strategies to get relief from your tinnitus and related stress, and learn how to promote the habituation process. The resolution phase is your habituated state, what some may call the “new normal” of living with non-bothersome tinnitus that does not affect your daily life anymore.

Tinnitus Management Toolkit

Over time, your brain can stop perceiving your tinnitus as a problem. Brain habituation is so powerful that it will be possible to have periods of silence (total habituation) for hours to days at a time. However, attaining silence is not the goal for tinnitus, as it is expected that you will periodically perceive the tinnitus rising to your awareness once in a while. And your tinnitus may still provoke some negative emotions on occasion.

Think about how we habituate to clothes we are wearing: For most of the day, you do not feel the clothes you are wearing on your body and are able to ignore them, even if they are a little uncomfortable. However, it is entirely possible for you to occasionally be aware of your clothes and even annoyed by them for brief periods. Nevertheless, you are generally able to go on through your day without much concern about your clothes. We are able to tolerate clothes and many other stimulations that our bodies and brain continuously receive during the day due to habituation, and this is the goal for how to change your brain's response to tinnitus.

There are tools you can use and learn to help promote this habituation process, and we recommend seeking the help of a professional to assist you in this goal.

During your tinnitus recovery process, you can do things to allow habituation to happen as quickly and easily as possible. Natural habituation is slow and scattered, while induced habituation with professional help is faster, safer, and directed.

In our opinion, the first and most important tool to effectively manage tinnitus is sound therapy. This means that you always have low-level sounds entering your ears.

The most effective way to use sound therapy is through devices called tinnitus maskers. At Treble Health, we've found that 85% of patients reported reduced tinnitus after treatment with tinnitus maskers. Once you have reached the final stage of habituation, we recommend continued use of the sound therapy devices for 3 months to lock in the neural pathways that have formed. After that, you do not need to use consistent sound therapy anymore.

Instead, you can use it occasionally as needed. Here is a list of our favorite types of sound therapy devices. If you have questions about which of these are right for you, please schedule an appointment with a Treble Health audiologist.

Different Types of Sound Therapy Devices

- **Ear-Level Sound Therapy**
- **Hearing Aids**
- **Sound Machines**
- **Bone Conduction Headphones**
- **Music & Natural Sound Enrichment**
- **Sleep Headbands, Sleepbuds, or Sound Pillows**

Sound therapy devices make it easier to concentrate.



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The second most important tool for tinnitus management is professional counseling. This helps reclassify tinnitus into the category of a neutral stimulus. Audiologists at Treble Health have undergone advanced training in tinnitus counseling.

Expert audiologists are equipped to counsel a majority of individuals with tinnitus. Additionally, psychologists and psychiatrists can provide help with severe anxiety, stress, or depression.



The third most important tip to help you manage tinnitus is to follow a holistic approach. Modern psychological researchers have shown a strong connection between the mind and body. In general, eating healthily, exercising, and practicing good sleep habits can help improve your overall well-being, and put you in a better position to deal with stressors, including tinnitus.

Practices like mindfulness and yoga have also been shown to help improve well-being and even manage some chronic health conditions. They can also help you learn to calm down stress responses with practice over time. This can be a great tool to use during the maintenance phase, when you learn how to adjust your behaviors and responses to tinnitus. To further help reduce negative responses to tinnitus, we recommend to stop looking at Facebook groups or online forums, and to stop searching the internet for information about tinnitus.

You may think that you're getting closer to solving your tinnitus, but often the opposite effect occurs, as this can lead you to ruminate about your tinnitus and reinforce negative thoughts and reactions to it.

Common Holistic Techniques For Tinnitus

- Meditation
- Yoga
- Tai Chi
- Guided sleep audio
- Walking daily for at least 30 minutes

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COVID-19 and Tinnitus

COVID-19, commonly referred to simply as “Covid,” is a virus that primarily causes respiratory issues, such as cough, shortness of breath, sore throat, and taste or smell changes.

However, it can also impact other areas of the body, as neurological symptoms, central and peripheral nervous system manifestations, and skeletal muscle manifestations have all been reported.

Symptoms involving the auditory system such as hearing loss, tinnitus, dizziness, and ear pain have also been linked to Covid infection. It should be noted that these kinds of associated symptoms are not necessarily unique to Covid – as they may occur as sequelae to many different viral infections, of which Covid falls under the umbrella. What has demanded further investigation is whether there are any specific patterns of these symptoms, including tinnitus, that are unique or distinguishing to Covid.

Research from a recent study shows that most of the individuals who experienced tinnitus after having Covid reported that the symptom began within 1 month of testing positive. However, limited data was available to make conclusions about how the individuals with tinnitus following Covid recovered.

Changes In Pre-Existing Tinnitus After Covid

Another question that has come about is how Covid can impact individuals who already have tinnitus. Anecdotally, there have been reports of worsening tinnitus following infection in some cases. Given that we know that Covid can impact the inner ear, it is not surprising that those who already experience tinnitus may notice a change following infection.

Other factors of the Covid pandemic have also been discussed as possible reasons why individuals may experience a change in their pre-existing tinnitus – not necessarily related directly to a Covid infection. For some, tinnitus severity was significantly increased for those who

already experience tinnitus may notice a change following infection.

Other factors of the Covid pandemic have also been discussed as possible reasons why individuals may experience a change in their pre-existing tinnitus – not necessarily related directly to a Covid infection. For some, tinnitus severity was significantly increased for those who had lifestyle and mental stresses during Covid. Risk factors were loneliness, poor sleep, reduced exercise levels, and self isolation.

Covid And The Impact On The Inner Ear

A study showed that Covid can actually infect cells in the inner ear – specifically hair cells that are responsible for hearing and balance. While it is well known that viral infections can impact the middle ear and cause conductive hearing loss, results support the notion that COVID-19 can actually infect the inner ear causing audiovestibular symptoms including sensorineural hearing loss and tinnitus. Data is continuously emerging and the link between Covid and tinnitus will be better understood as our understanding of how Covid affects the body grows.

Because tinnitus can be impacted by many different internal and external factors, it is challenging to pinpoint exactly what is driving the mechanism causing the tinnitus. “Long Covid” or “long haul Covid” is when some people have symptoms of Covid that last for months or even years

after becoming infected, and tinnitus is emerging as a possible symptom of long Covid. The most frequent symptoms lasting past six months included fatigue, post exertional malaise and cognitive dysfunction, however, a number of other symptoms were also reported, including tinnitus. Fortunately, tinnitus treatment has responded well for individuals who developed tinnitus related to Covid.

Tinnitus Treatment Options

1 The Tinnitus Relief Bundle



The best treatment we have for tinnitus is what the team at Treble Health currently offers to patients in the United States. This bundle combines sound therapy treatment, personalized coaching, and a comprehensive habituation protocol. Recognized as the gold standard in tinnitus care, tinnitus maskers are a key component of this effective treatment strategy.

A research study conducted by Treble Health in 2023 followed 141 patients before treatment and then three months after treatment. We used something called the Tinnitus Functional Index (TFI), a questionnaire to measure the impact of chronic tinnitus in people. A clinically significant reduction in the TFI would be 13 points. The Treble Health study showed an average reduction of 22 points - two times higher than the amount needed to be a significant change. In the Treble Health study, 80% of total patients who have completed two TFI questionnaires had a clinically significant reduction in tinnitus within three months of starting treatment.

Clinically proven results



*This data comes from our 2023 results using the Tinnitus Functional Index (TFI) (n=247 patients)

Sound therapy treatment is done using tinnitus maskers and sound machines. You're able to listen to sounds such as white noise (different frequencies of sound played at once), pink noise (a milder version of white noise), natural water

sounds, crickets, and other soothing sounds. You generally will listen to these for most hours of the day for the best help.

As part of the Tinnitus Relief Bundle, you receive tinnitus coaching sessions that are done every one to two weeks. You will often be given daily or weekly practice to do on your own at home. The tinnitus coaching at Treble Health includes cognitive behavioral therapy (CBT) techniques. We have found the best results for our patients when we include personalized coaching, education, and counseling.

This includes masking options (sound therapy, music, fan noise, etc.), strategies for distraction, and information about therapeutic options.

It may also encourage people to avoid catastrophizing thoughts about tinnitus. This includes the idea that tinnitus is not dangerous and that most people become used to tinnitus. Tinnitus is not the problem, but our reactions to tinnitus may be.



Sound therapy devices are discreet and comfortable.

How does sound-based therapy work? Damage to the hearing system, even minimal damage from normal changes that happen to our ears over time, creates a lack of auditory input. When these sounds are not fully processed in the ear and through to our auditory system, the brain hears the phantom sound of tinnitus. The main goal of sound therapy is to reduce the strength of the tinnitus signal in your brain.

Sound therapy can accomplish this in a few ways. First, the sounds reduce the contrast between your tinnitus and background noise.

Your brain perceives loudness based on a signal's relative strength to the background. The use of low level background noise can reduce the loudness of tinnitus for some time.

The second way in which sound therapy helps reduce tinnitus perception is by providing input for auditory nerve fibers. Lastly, sound therapy can help reduce tinnitus perception by evoking a calming feeling, which helps reduce the negative feelings that tend to rev up when living with intrusive tinnitus.

You should still be able to hear your tinnitus when using sound therapy, because your brain can only habituate to something it can perceive. Remember, habituation is a learning process that occurs in response to repeated stimulation. Research has shown that 85% of Treble Health patients see significant improvement within three months of using sound therapy, in combination with coaching sessions.

The Tinnitus Relief Bundle



Here is everything included in the Treble Relief Bundle:

- Pair of Treble Sound Therapy Devices
- Sound Oasis Tinnitus Sound Machine
- Tinnitus Sleep Headband
- Five Private Sessions With A World-Class Audiologist
- Six Group Sessions
- Guided Breathing & Relaxation Course
- Priority Email and Text

That's everything you need to to reduce tinnitus fast.

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2

Tinnitus Retraining Therapy (TRT)



Over the past three decades, Tinnitus Retraining Therapy (TRT) has been the leading program for managing tinnitus. Created in the late 1990s by Dr. Pawel Jastreboff, TRT is now taught every year to a handful of audiologists and is considered the ultimate neuroplasticity program for tinnitus. It has continued to be improved and tweaked over time using modern technology and research.

A vast majority of patients succeed with TRT, and it can be effective in helping patients habituate to their tinnitus in about 80% of cases. TRT consists of an 'active' behavioral adjustment through counseling and exercises, and a 'passive' facilitation of habituation through sound therapy.

Your audiologist will educate you on the mechanisms allowing tinnitus to take control of your emotions and attention, and demystify tinnitus over multiple sessions so it becomes 'boring' and elicits a neutral reaction from your brain. Your audiologist will also help you create a plan to maintain a sound-rich environment in a way that works best for your lifestyle, as part of the passive facilitation of habituation.

During the treatment process, patients learn one thing very well: the key to habituation is to reduce your negative reactions towards tinnitus. While you don't have direct control over your tinnitus, you do have some control over your negative emotions and behaviors around the tinnitus. Sound therapy in this treatment is also used to help reduce the negative responses to tinnitus. When you are able to control these negative reactions to tinnitus, the perception of the loudness, quality, and annoyance of tinnitus can often improve over time.

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3 Cognitive Behavioral Therapy (CBT)

A commonly used approach to help facilitate habituation is Cognitive Behavioral Therapy (CBT). This psychological approach helps to improve negative reactions to tinnitus. Cognitive behavioral techniques work well to improve anxiety related to tinnitus.



Cognitive behavioral techniques work well to improve anxiety related to tinnitus. CBT has been studied and validated to improve tinnitus and associated psychological distress.

The psychology of negative thinking can bring you into a dark place. Cognitive behavioral therapy shows you how to approach what's happening from a more neutral, pragmatic place. When you do that, tinnitus can become more subdued. Typically, CBT is performed by a psychologist. If you work with a psychologist for tinnitus, try to find a provider with some knowledge of tinnitus.

4

Bimodal Stimulation



Another new treatment for tinnitus is bimodal stimulation. There are a few research groups that are in the process of submitting for FDA-approval of bimodal tinnitus treatment devices. Typically, sound therapy is played through the ears, and would be considered one mode of auditory stimulation. Sound stimulation comes in multiple forms, such as listening to music or sounds through an app, speaker, or simply listening to your surroundings.

Pairing sound with a second mode of stimulation somewhere else in the nervous system— like in the skin, tongue, or neck—would create what is called bimodal stimulation, as it involves two modes. Recent neuroscience research suggests that pairing two modes of stimulation together with certain protocols can make positive changes to tinnitus.

Lenire Device

A group called Neuromod based in Ireland has developed the Lenire device, which pairs stimulation on the tongue with stimulation in the ears. The research has shown positive results, and while it's not a complete breakthrough, it may complement treatments like our Tinnitus Relief Bundle or Cognitive Behavioral Therapy (CBT).

Lenire uses what looks like the original iPod and over-ear headphones. The audio signal is configured by the clinician based on your hearing characteristics and is customized per patient. The tongue-tip provides a light electrical shock, similar to the candy that gently crackles when placed on your tongue. The tongue part of the device stimulates the trigeminal nerve. This is a nerve that provides numerous sensations for the face and mouth.



The Lenire device is recommended to be used twice a day for 30 minute sessions for at least 12 weeks, and can be done from the comfort of your own home.

The company has done a couple studies examining the effectiveness of this type of stimulation and device. The first study with Lenire showed improvement after 6 weeks of using the device, however the improvement seemed to slow after that initial 6 weeks. The company then created a second study where after 6 weeks they changed the stimulus parameters. With this change in stimulus the results showed that patients had further improvement in tinnitus symptoms.

The results of a Lenire research study found that 70% of the participants would recommend others with tinnitus to try the treatment. Lenire does highlight that the device is not a tinnitus cure, but will likely be used in combination with other treatments for tinnitus. Studies are continuing to monitor how patients are doing with Lenire.

Michigan Tinnitus Device

Another research group led by Dr. Susan Shore out of the University of Michigan has shown positive results for bimodal stimulation as a tinnitus treatment. They created a system that delivers light electric pulses to the neck or cheek. It pairs this neural input with sound stimulation delivered with headphones. Thus, you're getting two inputs, sound and electric pulses traveling through the somatosensory system. However, this device is not available commercially yet, and is still only an investigational device.

So far, the research behind the Michigan Tinnitus Device suggests that it may help in reducing tinnitus perception by stimulating changes in the way the central nervous system inhibits signals of tinnitus, or the way in which the central nervous system modulates tinnitus signals. It focused exclusively on patients who can modulate their tinnitus by moving their head, neck, or jaw. The results from the research showed that 65% of participants had a clinically significant decrease in tinnitus symptoms. The treatment was shown to have a lasting effect up to 36 weeks. Further studies are being done at this time and the device has currently been submitted for FDA consideration under a company named Auricle.

Bimodal stimulation, like any other treatment for chronic tinnitus, is unlikely to completely silence your tinnitus, and it may be another tool that can be used to reduce awareness of it in conjunction with counseling. Still, bimodal stimulation methods may help some people, and we are hopeful that further research can provide more evidence for successful tinnitus management

5 Sound Machines

Sound-based therapy refers to the use of neutral or positive sounds to help reduce the annoyance and awareness of tinnitus. It takes many forms, and can be something used on its own, but it is generally more effective when paired with counseling in a treatment program. Tinnitus Retraining Therapy (TRT), as described earlier in this guide, is a treatment plan that combines sound therapy with education and counseling.

Sound plays an important role in TRT, and affordable sound machines can be a good start to getting help with tinnitus.



Simple noise generators are a must-have around your home. We recommend starting with the BST-100 model from Sound Oasis. You can use this machine to feel relief from tinnitus during the day and at night. If you're having trouble falling or staying asleep due to tinnitus, even with use of a simple table-top noise generator, then you should keep testing out different methods for providing sound therapy until you find what works best for you. We often recommend a combination of sleep headbands, sleepbuds, and sound pillows, as these devices allow sound to be heard while lying down with one of your ears on a pillow.

While sound machines can be helpful, they do not compare to the effectiveness of ear-level devices like tinnitus maskers or hearing aids for tinnitus. Ear-level technology is recommended for most patients. They provide a consistent level of sound that you can take with you everywhere you go, and they provide a safety-net so you don't have to worry about creating a sound-rich environment during the day.

The Tinnitus Relief Bundle from Treble Health includes everything needed to start the path to habituation.

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Tinnitus Research Worth Knowing About Oxytocin Nasal Spray

Oxytocin is a hormone that is naturally produced within the body to promote feelings of happiness or positivity. This is likely why it has been on the forefront of new research surrounding not only tinnitus but other mental health and emotional well-being conditions.

Research using Oxytocin Nasal Spray is still in the early stages, but is showing some promise. One study showed long term treatment (10 weeks) with oxytocin nasal spray revealed a strong reduction of tinnitus-related distress over time, but the short-term treatment (single dose) only revealed small improvements in tinnitus related distress.



While these findings look promising, remember that this study is in its research stage and is currently not available as a treatment option available to patients. There are still many things to explore as well like possible side effects of oxytocin intake, availability to patients, and most importantly efficacy.

NHPN-1010 Pill

Hough Ear Institute has developed a first in its class medication called the NHPN-1010 pill. It is labeled as a “protection pill”, a therapeutic technology that represents a potential and hopeful answer to noise induced hearing loss. Other possible indications for use for NHPN-1010 could include, but are not limited to, blast-induced hearing loss, tinnitus, hyperacusis and protection from degenerative hearing loss.

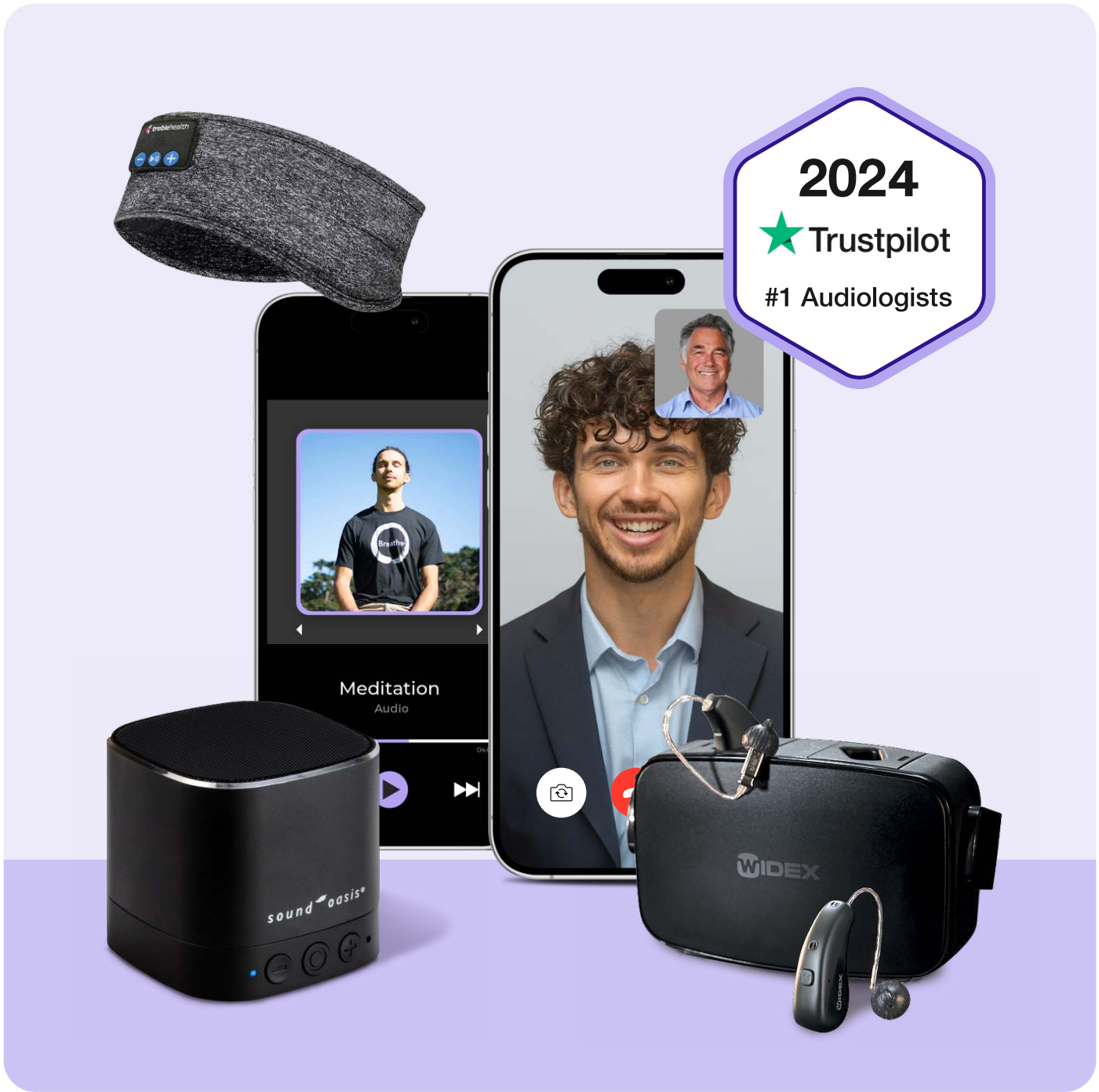
NHPN-1010 uses molecules and nucleic acids to help counteract hearing loss by directly targeting the small hair cells in the ear. The idea is that these molecules and nucleic acids will work in conjunction with supporting cells inside the inner ear to help regenerate any lost sensory hair cells and restore hearing and auditory function. Initial study results in rodents and guinea pigs showed that NHPN-1010 is capable of restoring hair cells in those with noise induced hearing loss.

Currently the pill has passed Phase I clinical trials for safety and was found overall to be safe and well-tolerated. However, the next steps (Phase II and III) to pass FDA approval process are going to require a pharmaceutical company to agree to an almost \$500 million dollar investment to further clinical development through Phase II and III.

The Leading Treatment for Tinnitus

The audiology team here at Treble Health is devoted to providing the latest and best in tinnitus treatment and education. We recognize the value not only of intervention and symptom relief, but also the value of understanding what is going on with your condition and symptoms, and how your body is affected by hearing conditions like tinnitus. By combining education, sound therapy treatment, and tinnitus coaching, our audiologists are able to deliver evidence-based interventions using Cognitive Behavioral Therapy (CBT) and hands-on interventions, like hearing aids. Our best and most comprehensive offer is the Tinnitus Relief Bundle.

The Tinnitus Relief Bundle



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Our Tinnitus Relief Bundle is considered the leading treatment for tinnitus, because it provides a comprehensive approach personalized to each individual.

What Results Can You Expect When Working With Treble Health?

- Reduced Tinnitus
- Peace of Mind
- Less Anxiety
- Better Sleep
- “I Got My Life Back”

Ultimately, the Treble Health team recognizes the importance of feeling as though you are in control of your life and health, and we offer the most comprehensive package available to help you achieve that goal. Reach out today for a complimentary consultation to get started on your journey toward a quieter, more comfortable life.

That’s everything you need to get relief.

Book Your FREE Consultation Today



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