

Tinnitus Awareness Week 2017

Berlin, 10 March 2017 – To raise the awareness of tinnitus, the American Tinnitus Association (ATA) organized the global “Tinnitus Awareness Week” between February 6-22. This year, the ATA called upon affected people from all over the world to share their experiences with tinnitus and current treatment methods. And the German Tinnitus Foundation Charité supported this initiative! For often it is personal stories that can make other people aware of the symptom and its consequences. We therefore encouraged you (our fans on Facebook and all other interested people who read our website) to share your personal stories with us and our community.

One story that has touched us in particular is the story of Janet Ihle: „I have had tinnitus for the past three years! It appeared suddenly after my night shift! At first I thought it will disappear at some point. Then after an hour, I could still hear the noise in my ear, and I consulted a doctor. Unfortunately I first contacted a doctor that prescribed me some tablets and sent me back home. I felt quite helpless as no one explained anything to me or told me what to do. A day later I got in touch with a different doctor who was able to give me lots of information. I received 10 infusions but it didn't help! He didn't give me any sleeping tablets either, as you can get addicted to them. I cried for a few nights and didn't know what was going to happen next. I read quite a few horrible stories on the internet. I really don't recommend you to do that! So one night I was lying in my bed and asked myself what I should do next. I could let the tinnitus destroy me or just accept it. I decided to do the latter and my sleep rhythm improved. Today tinnitus is a part of me! I have not tried any other treatments yet. Just the usual stuff... osteopathy etc.” We are in contact with Janet and have already informed her about suitable therapies.

For more information, please visit: <https://www.ata.org/TAW2017>

About the German Tinnitus Foundation Charité:

The German Tinnitus Foundation Charité was established in 2011 in the conviction that tinnitus and hearing disorders need the best possible treatment and that every individual can do a great deal to protect himself or herself. The foundation has set itself the following tasks: to further research and scientific communication, prevention and diagnostics, and to raise public awareness for the importance of treating one's hearing with care.

The foundation pursues its goals within the framework of its financial possibilities through research projects, education campaigns on the risks of noise and stress, the presentation of awards, and the development of preventive measures. Youth are a major target group for the work of the foundation.

Further information about the foundation: www.deutsche-tinnitus-stiftung-charite.de.

Visit us on Facebook: <https://www.facebook.com/deuschetinnitusstiftungchariteberlin>

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