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TOWER HEARING HOLDS INFORMATION DAY ABOUT TINNITUS

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Tinnitus commonly causes loss of sleep, worry, stress, disturbed concentration, difficulty relaxing and loss of enjoyment in favourite activities. People with tinnitus are often told there is nothing that can be done about it but that is not true. Whilst there is no cure there are effective ways of managing it. Tower Hearing is organising an information day to raise awareness about tinnitus and the many things that can be done to help people with it.

Many remedies for tinnitus have been promoted over the years; some don't work, some are just plain silly and some are downright dangerous, like taking bone meal as a food supplement. At our Information Day you will find only advice and recommendations approved by experts in the field. This includes

- o the importance of proper assessment
- o when to seek medical advice and when its not needed
- o understanding modern theories on tinnitus generation
- o techniques you can learn to control the effects of tinnitus
- o environmental sound enrichment

Sometimes tinnitus starts after exposure to loud noise at work or in leisure activities. It is possible to protect yourself from damaging noise without missing out. The Information Day will tell you what you need to know to protect yourself from one of the commonest triggers of tinnitus. The TINNITUS INFORMATION DAY will be held at The Tower Hotel, The Mall, Waterford on Thursday 12th February 2009 at 11 a.m. - 3 p.m. Admission is FREE and all are welcome.

For further information contact Rosie Mason or Mary McGee at Tower Hearing Ltd, 18 Parnell St, Waterford. Tel 051-852918 email: towerhearing@eircom.net