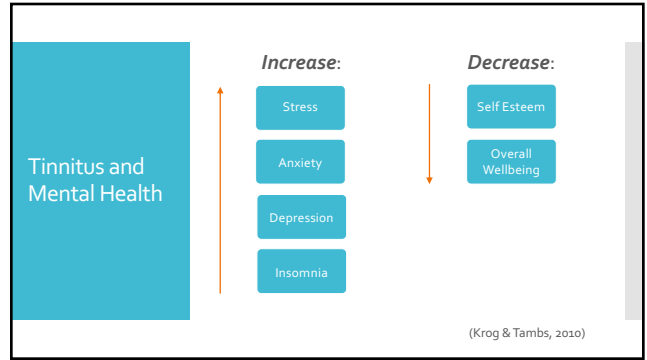




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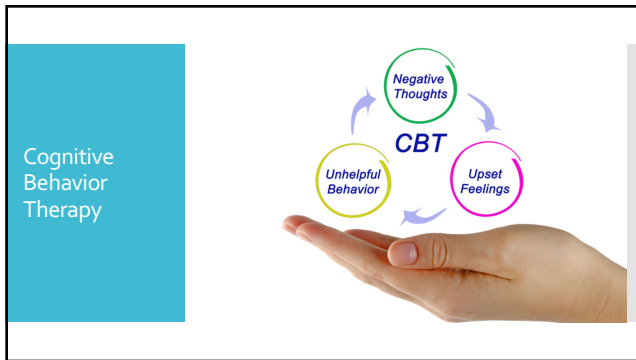
4

Treatments	Recommended	Optional	Not Recommended
	<ul style="list-style-type: none"> • Education • Counseling • Auditory therapies (hearing aids and specific forms of sound therapy) • Cognitive-behavioral therapy (CBT) 	<ul style="list-style-type: none"> • Exercise • Dietary changes • Acupuncture • Yoga • Massage • Mindfulness practices 	<ul style="list-style-type: none"> • Medications • Supplements

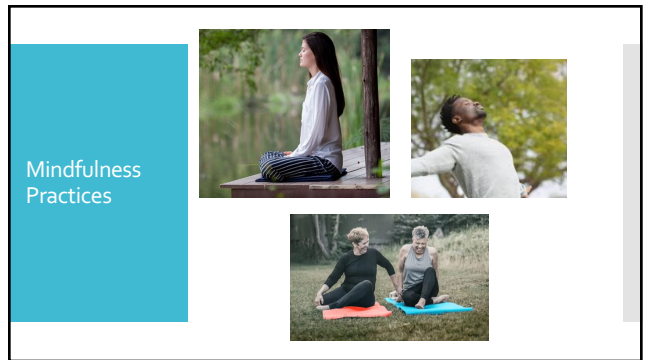
5

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Take-aways

- Patients with tinnitus may experience increased incidences of mental health issues including stress, anxiety and depression
- Patient care should be multi-faceted and include screening for psychiatric problems
- When psychiatric problems are identified, psychiatric and behavioral treatment may be warranted as part of a comprehensive treatment plan

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Thank you!

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