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Make Some Noise to Silence Tinnitus During Tinnitus Awareness Week

- ATA Challenge: Make the "Right Kind of Noise" About Tinnitus and Hyperacusis -

Portland, Ore. – The American Tinnitus Association (ATA) is challenging the tinnitus community to “Make Some Noise” about tinnitus and hyperacusis during National Tinnitus Awareness Week, May 16-20, 2016. Tinnitus, commonly referred to as “ringing in the ears” impacts up to 50 million people in the United States (U.S.) alone and has been the leading service-connected disability for veterans from all periods of service since 2009, accounting for 1.2 million veterans. Hyperacusis is a sensitivity to sound – sounds that are typically tolerated well by people who do not have hyperacusis – that can sometimes cause physical pain. Both conditions can be caused or exacerbated by exposure to environmental noise.

“Tinnitus and hyperacusis are real public health concerns that most people do not know about and unfortunately do not fully realize the devastating impacts these conditions can have until they develop them,” said Melanie West, Chair of ATA’s Board of Directors. “Tinnitus and hyperacusis can ruthlessly reduce an individual’s quality of life, leaving them socially isolated, anxious or depressed,” said West. “Because of the lack of general awareness about these conditions, this year during Tinnitus Awareness Week, we challenge all those with tinnitus and hyperacusis to ‘Make Some Noise’ and raise awareness of what it’s like to live with these conditions – tell your friends, co-workers and doctors,” West said.

According to the National Health and Nutrition Examination Survey (NHANES) conducted by the Centers for Disease Control (CDC), of the 50 million people in the United States with tinnitus 20 million are chronically affected, with disruptions in their sleep, concentration and mood, and in some cases impacting their ability to remain employed and even leave their homes for even short periods of time. These 20 million individuals are more likely to seek medical treatment for their condition.

ATA’s mission was recently updated to include hyperacusis because of the number of people with both of these conditions and the growing body of research demonstrating possible common mechanisms between the two. ATA also recently launched a new educational webinar series and during Tinnitus Awareness Week, ATA will broadcast a live webinar about Hyperacusis. Members of the public are invited to register for this webinar and learn more about Hyperacusis and how it relates to tinnitus. To learn more or register for this webinar, visit ATA.org.

About the American Tinnitus Association

The American Tinnitus Association, headquartered in Portland, Ore., is the nation’s foremost organization committed to improving the lives of people with tinnitus and hyperacusis through education, advocacy and research toward a cure. For 45 years, ATA has helped patients understand and manage the “ringing in their ears” and raised resources to advance tinnitus research. Since its founding in 1971, ATA has offered information, support, advice, and hope for people living with tinnitus, and has contributed over \$6 million in “seed” funding to medical research projects focused on finding solutions for tinnitus and hyperacusis. For more information, please visit ATA.org.