

TINNITUS - SYMPTOMS, GENERAL INFORMATION

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Abstract:

Tinnitus (Latin *tinnire* - “to ring like a bell”) is a sensation of ringing or ringing in the ears. People often describe noise as a high-pitched sound. According to various sources, between five and eight percent of the world's population lives with this disease. Tinnitus is generally considered to be characteristic of older people. However, this problem is often observed in young people. This is due to visiting noisy places, as well as listening to loud music through headphones.

PREVALENCE OF TINNITUS

Tinnitus is quite common; One in five people in the 55 to 65 age group say they have symptoms; more specialized studies showed a value of 11.8%.

According to the methodological recommendations “Tinnitus”, developed by the National Medical Association of Otorhinolaryngologists of Russia based on the materials of the 3rd World Congress “Regenerative Medicine and Rehabilitation 2006”, tinnitus occurs quite often: according to a number of authors, in 35 to 45% of adults from time to time hear tinnitus, 8% experience persistent tinnitus, and 1% suffer from tinnitus that interferes with daily life.

Studies conducted in Europe and North America have shown that 1/3 of adults in the world have experienced tinnitus at least once. About 18 million Americans apply for Medicare, and 2 million are disabled. In Spain, 4 million people suffer from tinnitus. According to the German Tinnitus League (Deutschen Tinnitus-Liga), in Germany, more than three million people suffer from tinnitus, and this number increases by 250,000 people every year. Children very rarely complain of this disease, and children with congenital deafness almost never. Tinnitus is not necessarily a symptom of any disease, but it is known that 85% of patients with this disease experience hearing loss in the range of 250-8000 Hz.

According to the American Academy of Otolaryngology, tinnitus is more common in men, non-Spanish speaking whites, people with a body mass index ≥ 30 kg/m²,



people with anxiety disorders, high blood pressure, diabetes, and dyslipidemia. those. The connection between smoking and tinnitus has not been confirmed.

CLASSIFICATION OF NOISE IN THE EAR

Academician of the Russian Council of the Russian Academy of Sciences I.B. Soldatov developed a classification for clinical medicine based on the level of tinnitus, which differs in four levels:

Level 1 – noise does not reduce performance, you can get used to it;

2nd degree - significant ringing in the ears, especially in the evening;

Level 3 - noise is always disturbing, the patient is distracted by noise. Sleep is disturbed and anxiety appears.

4th degree – the noise is very difficult to bear, it constantly bothers the patient. There is practically no opportunity to work.

In German clinics the following classification of tinnitus is used:

— by time:

Acute (local): felt for less than 3 months;

Non-acute (moderate): felt from 3 months to 1 year;

Chronic: if felt for more than 1 year.

- for secondary symptoms:

Compensated: The patient has tinnitus, but can overcome it, so additional symptoms do not appear. The patient suffers very little, the noise does not affect the quality of life. Decompensated: Tinnitus significantly affects all areas of life and leads to the development of secondary symptoms: anxiety, insomnia, difficulty concentrating, depression. The quality of life deteriorates significantly.

It should be noted that normally anyone can hear a certain amount of background noise in absolute silence. Many people have experienced tinnitus, for example, after attending a noisy concert. But the next day the tinnitus disappears.

Patients suffering from tinnitus note that the ringing in the ears is most clearly heard before bedtime, when there is silence around. Focusing on noise can cause insomnia. If tinnitus continues to develop, ringing in the ears can be bothersome even during the day, in noisy environments. People are starting to pay more and more attention to sound. This affects the psycho-emotional state of a person. His mood deteriorates and depressive reactions may develop. In some cases, there is a gradual decrease in hearing.



References:

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