

RINGING IN THE EAR - SPREAD, REASON

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Abstract:

Tinnitus (lat. tinnire - "to ring like a bell") is a sensation of ringing or ringing in the ears. Often, people describe noise as a high-frequency sound. According to various data, from five to eight percent of the world's population lives with this disease. Tinnitus is generally considered to be characteristic of the elderly. Nevertheless, this problem is often observed in young people. This is related to visiting noisy places, as well as listening to loud music through headphones.

PREVALENCE OF TINNITUS

Tinnitus is fairly common; 1 in 5 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 guidelines "Tinnitus" developed by the Russian National Medical Association of Otorhinolaryngologists based on the materials of the 3rd World Congress "Regenerative medicine and rehabilitation 2006", tinnitus is quite common: according to several authors, 35 -Up to 45% of adults occasionally hear tinnitus, 8% experience constant 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), more than three million people in Germany suffer from tinnitus, and this number increases by 250,000 people every year. Children very rarely complain of this disease, and those with congenital deafness almost never. Tinnitus is not a mandatory symptom of any disease, but it is known that 85% of patients with this disease have 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, dyslipidemia. found in



existing ones. The relationship between smoking and tinnitus has not been confirmed.

Tinnitus is not an independent disease. On the contrary, it is a symptom that can be caused by various pathological conditions. It has been proven that the causes of tinnitus are as follows:

- Arterial hypertension;
- Neck osteochondrosis;
- Inflammatory diseases of the ear (otitis);
- Sensorineural ear heaviness;
- Meniere's disease;
- Atherosclerosis of blood vessels;
- Stress;
- Endocrine diseases (thyroid pathology, diabetes);
- Neuroma of auditory nerves;
- Multiple sclerosis;
- Taking some medications;
- Barotrauma and acoustic injuries (explosion of pyrotechnics at close range, very loud sound at rock concerts).

TINNITUS AND DRUGS

Tinnitus can be caused by taking a number of medications or drug interactions. Such preparations include:

- Aminoglycoside antibiotics (streptomycin, gentamicin, etc.), erythromycin, vancomycin;
- Chemotherapy using cisplatin;
- Some anticancer drugs, for example "Mechlorethamine" and "Vincristine";
- Nonsteroidal anti-inflammatory drugs (aspirin (in high doses), ibuprofen, ketoprofen, indomethacin, paracetamol, baralgin, naproxen, etc.);
- Diuretics such as bumetanide, ethacrynic acid and furosemide;
- quinine;
- Drugs used in psychiatry (sertraline, amitriptyline, anafranil, etc.), as well as sleeping pills.



In order to reduce tinnitus, studies have been conducted to study the effects of many groups of drugs: antidepressants, antiepileptic drugs, tranquilizers, betaserk group. None of the drugs have a strong effect on reducing tinnitus.

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