



advanced
EAR, NOSE & THROAT
head and neck surgery

Tinnitus

Please answer each question by filling in the appropriate circle fully.

How long have you had ringing in your ears?

- 1 2 3 4 5
 days weeks months years

How would you describe the sound you hear?

- crickets
 heartbeat
 roaring
 buzzing
 humming
 ringing
 bells
 other: _____

Is the ringing in one ear or both? Right Left Both

How often do you hear the sound in your ears?

- Always Sometimes Rarely

Does the noise bother you more ...?

- at home at work while out socially

Is there a time of day where the noise bothers you more?

- day evening night

Is the ringing associated with any of the following?

- Ear pain
 Exercise changes
 Sleep changes
 Teeth grinding or clenching
 Hearing loss
 Balance disturbance
 Headaches
 Vision changes
 Recent Head/Neck Injury
 Weakness or Numbness
 Recent Dental work/problems
 Nothing

Does the ringing interfere with...?

- Conversation
 Listening to radio
 Watching TV
 Sleep
 Nothing