Ear-ringing tinnitus is unrelenting and untreatable. Here’s a new strategy on how to live with it

Millions of people have tinnitus, a bothersome condition that causes ringing or other noises in their ears. There is no known cure. But a new treatment is reducing symptoms in many patients.

A new treatment approach for tinnitus is called bimodal neuromodulation, which targets the brain by stimulating two sensory systems. In a device called Lenire, patients wear headphones and a mouth device every day for an hour for at least six weeks.

The headphones play sounds across a range of frequencies, such as high-pitched and low-pitched tones, along with background noise.

The mouth device delivers mild electrical pulses to the tongue.

Scientists believe this combination helps the brain pay more attention to the tones on the headphones.

Meanwhile, the brain pays less attention to the tinnitus sound.

With repeat treatments, scientists think this shift in brain attention can help quiet the brain activity that causes tinnitus. Many patients report their tinnitus is no longer as bothersome.

The technology is being hailed by some audiologists as a “game changer” for treating tinnitus, which experts estimate affects roughly 10 percent of U.S. adults.

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