

## Hearing Clinic Provides Solution – Music to His Ears

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***Dr. Tami Ike tests John Doty with a Neuromonics device at The Hearing Center. The device uses specially designed music to engage the brain's limbic system to help filter out tinnitus sounds.***

HIGH POINT (August 2008) - When the ringing in his ears became a roar, John Doty first had to give up his U.S. Marine Corps career and then fight to keep his everyday composure.

Doty, a Kannapolis resident, had tried all the conventional methods to deal with the condition which, according to the American Tinnitus Foundation, affects more than 50 million Americans.

Doty's life took a turn for the better after he started treatments at The Hearing Clinic with a new masking device that has helped him recover many activities he thought he had lost forever.

"You name it, I tried it," said the retired sergeant major who was forced into retirement two and-a-half years early. "I've had a high-pitched ring in my ears. I had trouble sleeping and even reading. This new treatment is the only thing that has worked for me."

The Hearing Clinic, at 801 Lindsay St. in High Point, offers counseling and treatments, including hearing aids and other devices, to help patients with their hearing problems.

The neuromonics device, approved by the FDA in 2005, works with the limbic system of the brain, which monitors sensory perception, motor function and the sense of smell. Tinnitus usually develops in people who have a hearing loss. Like many military veterans, Doty was exposed to gunfire and aircraft noise. But the condition can develop in anyone, said Tami L. Ike, an audiologist at the Hearing Clinic. Other treatments include drugs, biofeedback, acupuncture and magnetic therapy.

"Many people can manage the condition, and it is not debilitating," Ike said. "Hearing

aids can help."

Stress and fatigue can worsen the condition, however.

"It broke my heart to retire early from the Marine Corps," Doty said. "I knew this was affecting my job and the rest of the unit." Doty suffered anxieties because of his condition.

"I guarantee you that there are people homeless because of this and in mental hospitals," Doty said.

The masking device stops the limbic system from focusing on the tinnitus noise, yet it may not totally erase the sound. The device costs about \$5,000.

"Using this, I've been able to concentrate better and to start reading again," Doty said.

The new device, similar to an MP3 player, combines with therapy to desensitize the brain to the noise. Patients listen to the music on the machine for up to three hours a day for six months, Ike said.

"This condition is a brain thing," Ike said. "The device masks the tinnitus with music."

Ike said she discovered the Neuromonics treatment as part of her professional research.

"When the treatment was cleared by FDA, I decided to offer it in North Carolina," Ike said. "I think others will get on the bandwagon."

***For more information regarding tinnitus treatment, call The Hearing Clinic at 1-800-651-8551 or visit our website at [www.thehearingclinic.com/tinnitus.html](http://www.thehearingclinic.com/tinnitus.html)***