

# Tinnitus & Hyperacusis Treatment Team



Dr. Yoav Hahn  
Neurotologist

Dr. B. Robert Peters  
Neurotologist

Dr. Reagan Daniel  
Clinical Audiologist

Dr. Sarah Nuche  
Clinical Psychologist

## What to expect:

The first step in the tinnitus and hyperacusis treatment program is to visit with our physicians who are well-versed in hearing healthcare, tinnitus and hyperacusis treatment. Dr. Yoav Hahn and Dr. B. Robert Peters are physicians that have subspecialty fellowship training and extensive experience in the care of the ear and hearing system. During your visit with Dr. Hahn or Dr. Peters, you will:

- Discuss your tinnitus, hyperacusis and hearing concerns and medical history
- Have your hearing tested
- Determine if there is an underlying medical cause for the tinnitus and/or hyperacusis
- Decide which course of medical treatment, if any, is indicated

It is important to remember that tinnitus is not a disease, but a symptom. In most cases, the ringing/buzzing/whooshing sound cannot be completely extinguished. However, if there is an underlying disease process that is causing the symptom, this needs to be identified and addressed.

After medical evaluation and possible intervention, the next step is to visit with our tinnitus and hyperacusis treatment audiologist, Dr. Reagan Daniel. During your tinnitus evaluation with Dr. Daniel, you will:

- Quantify and measure your tinnitus and sensitivity to sound during a tinnitus assessment
- Discuss your personal story and your experience with your tinnitus and/or sound sensitivity
- Learn about tinnitus, the auditory system and discuss your personal scenario in detail
- Receive personalized recommendations for your treatment plan

In many cases, this initial counseling session is enough to change a patient's perception of their symptoms. For some, further counseling is indicated and/or a sound therapy device is recommended. If sound therapy is indicated, Dr. Daniel will discuss these options with you. Occasionally, it is necessary to set up a follow-up appointment in order to discuss the sound therapy options in more detail. During this first appointment or series of appointments, the options for therapy will be discussed, and all of your questions will be answered to the best of our ability. If you choose to proceed with sound therapy, the device(s) will be ordered and a fitting appointment will be scheduled.

Typically, Dr. Daniel will refer you to also visit with Dr. Sarah Nuche for further counseling about your hearing healthcare. Dr. Nuche is a clinical psychologist who has had a working relationship with Dallas Ear Institute for many years. She is well-versed in how hearing loss, tinnitus, and hyperacusis can affect a person's life and has acted as a tinnitus coach to Dallas Ear Institute patients. Dr. Nuche is a vital part of our tinnitus treatment team who is able to help patients change how the tinnitus affects them in their daily life.

Improving your quality of life as it relates to tinnitus and sound sensitivity is a process that can move you toward significant relief. It is not an instant cure. While we can affect significant change with aggressive counseling intervention and sound therapy, it often takes time for noticeable changes to occur. Remember, there is hope for improving your quality of life and for getting relief from bothersome tinnitus or sound sensitivity!