

Bölüm 3

TİNNİTUS

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GİRİŞ

Tinnitus, sesli bir dış uyaranın olmadığı durumdaki ses algılanmasına denir. Tinnitus tek veya iki kulakta birden duyulabilir, kafa içinde veya çevresinde olduğu gibi uzaktan gelen bir ses gibi de algılanabilir. Sıklıkla zil sesi, çınlama veya hışıldama şeklinde tarif edilse bile farklı şekillerde de olabilir.

Tinnitus, devamlı veya aralıklı olabilir. Her iki durumda da hasta rahatsızlık duysa bile, aralıklı tinnitus genellikle ciddi bir medikal durum ile ilişkili değildir. Duyulan ses pulsatil ve non- pulsatil olabilir ve iki durumda altta yatan ciddi problemlerle ilişkili olabilir.

EPİDEMİYOLOJİ

Tinnitus, eksternal bir sesli uyaranın yokluğunda ses hissedilmesi ve algılanmasına verilen isimdir. Tinnitus, kişinin günlük yaşamını ciddi biçimde etkileyebilir ve stres, sinirlilik, uyku devamlılığında bozulma, anksiyete ve depresyona neden olabilir. Amerika'da nüfusun yaklaşık %16'sının (50 milyon) kronik tinnitusu olduğu, 16 milyon kişinin medikal tedavi için başvuruda bulunduğu ve yaklaşık 2 milyon kişinin tinnitus sebebiyle normal bir yaşam sürdüremediği bildirilmiştir⁽¹⁾.

Tinnitus çocukluk çağında da olabilir⁽²⁾ ve yaşla beraber artış gösterir^(3,4). Tinnitusun erkeklerde kadınlara göre daha sık görüldüğü ve sigara ile ilişkili olarak görülme sıklığının arttığı bildirilmiştir⁽¹⁾.

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SONUÇ

KBB pratiğinde sık rastlanan tinnitusun hem yaşam kalitesini etkilediği hem bazı hayatı tehdit eden durumların ilk bulgusu olabileceği akılda bulundurulmalıdır. Tinnitusun farklı tür ve şekildeki kompleks oluşum mekanizmaları göz önünde bulundurularak, hastalar detaylı incelenmeli ve etkene yönelik tedavi planlanmalıdır.

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