

# An Effective Solution for the Treatment of Tinnitus Using Phase Shift Technology

A Study of 81 Patients

Presented at the European Federation of Audiology Societies

Gothenburg, Sweden June 20-22 2005

Dr E.Noik

Tinnitus Care Centre, London UK

Phone +44 20 7722 1816

[www.tinnituscare.net](http://www.tinnituscare.net)

## Background and purposes

Tinnitus affects 4.7 million people in the UK. 12% of men and 8% of women suffer from this debilitating medical condition. Despite the wide range of products or treatments that are marketed for the treatment of tinnitus clinical efficacy has yet to be established. Furthermore the vast majority of otolaryngologists do not believe there to be an effective method with which to treat their patients' tinnitus. The purpose of our study was to determine the efficacy of a new Phase-Shift Treatment™ for tinnitus using the well-accepted principles of sound cancellation.

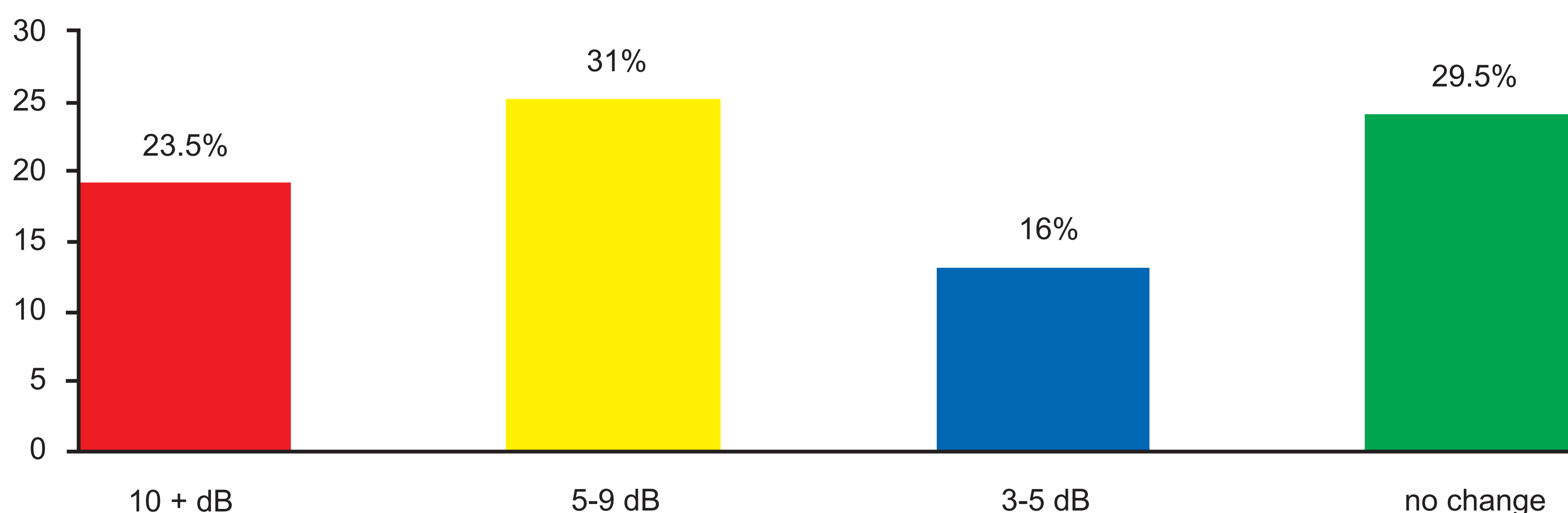
## Methods

During October 2004 and February 2005 we treated 81 patients suffering from tinnitus. Over 1200 tinnitus sufferers responded to a newspaper advertisement and for the first 85 who were able to schedule appointments, we conducted otoneurological examinations and audiological assessments to exclude pathology. Additional exclusion criteria were profound deafness, poor cognitive abilities, or tinnitus for less than six months. The patients were sound typed for frequency and amplitude using a proprietary computerised programme and were then treated for 30 minutes with the new phase-shift device. This delivered, via a set of earphones, a pure sine wave based on the above data and sequentially shifted. Treatment was repeated three times at separate sessions within a three-week period. Pre and post treatment results were taken and recorded at each treatment session in a specially designed format.

## Results

The total number included in the trial was 81 patients. The results are analysed into four categories: 19 patients (23.5%) had a reduction of 10dB or greater; 25 patients (31%) had a reduction between 5-9 dB; 13 patients (16%) had a reduction ranging between 3-5 dB; and 24 patients had no reduction (29.5%).

## Reduction in dB of 81 patients



## Discussion

The results of the above study reveal a positive response to Phase-Shift Treatment™ for tinnitus, with over 70% of patients benefiting from the treatment. This confirms the results achieved in an earlier study in New York<sup>1</sup> in which 83% of participants demonstrated a positive response to the treatment. There were no adverse effects in either study but in the UK there were three patients whose tinnitus volume increased after the first treatment but in all of these cases there was a reduction of more than 5dB from the base line after the third treatment.

## Conclusion

In view of the results obtained, Phase-Shift Treatment™ for tinnitus offers the prospect of significant symptomatic improvement for the majority of patients. Further studies are underway to investigate the optimal time interval for treatment and the long-term benefit of providing patients with a portable device which they can use in the home setting.

<sup>1</sup> Daniel S.J. Choy, M.D., Columbia University College of Physicians and Lenox Hill Hospital, New York, NY USA