

8th International Conference on

Otorhinolaryngology

October 16-17, 2018 Rome, Italy

Holistic therapeutic in the treatment of chronic subjective tinnitus

Susana B Kunin

University of Buenos Aires, Argentina

Tinnitus is a complex symptom, which causes problems in their social, family and work life, especially in uncompensated chronic subjective tinnitus. There are different training mechanisms for various types of tinnitus. Early intervention favors its evolution, avoiding its passage to chronicity. The patient is decompensated by a situation that causes hypersensitivity, making tinnitus a problem. It has been verified the important influence of structures involved in the central nervous system, such as the relationship of emotions and attention in their permanence and evolution. Habituation is an automatic brain function. That minimizes or blocks non-significant signals. If tinnitus is not associated with a catastrophic or negative idea and does not alter the performance of daily activities: Concentration, sleep. Habituation takes place and the perception of tinnitus is minimized. The treatment indicated should be personalized, paying attention to everything organic and punctuating the emotions that trigger it. This allows different therapeutic indications, including cognitive behavioral therapy, changes in eating habits, sound therapy with sensory stimulation, meditation and relaxation. The integral and personalized treatment allows us to achieve improvements especially when the patient feels responsible for its improvement when using also techniques of neuro-linguistic programming and bio-neuroemocion.

susanakunin@yahoo.com.ar

Notes: