



Kvalitet života kod tinitusa

Quality of Life with Tinnitus

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Apstrakt

Veoma čest simptom u orl ordinaciji je tinitus. Pacijenti ga opisuju kao zujanje u ušima i predstavlja im veoma veliki mentalni i emocionalni problem, remeti pamćenje i koncentraciju, ometa ih u svakodnevnom životu, izaziva loše raspoloženje i strah. Reč tinitus je latinskog porekla i prevodi se kao „zvoniti ili zveckati“, a može se manifestovati u različitim oblicima percepcije zvuka kao: zvonjenje, zviždanje, cvrkutanje, šuštanje itd.

Zujanje u ušima je jedan od čestih simptoma u ordinaciji opšte prakse i jedan od najčešćih kod orl specijaliste. Uz dobru i iscrpnu anamnezu, kompletan i temeljan pregled, ispitivanje sluha (audiometrija), ispitivanje srednjeg uva (timpanometrija), i uz konsultaciju neurologa, interniste, fizijatra, određuju se smernice za lečenje tinitusa. Postoje dve vrste tinitusa: subjektivni, što je zapravo šum u glavi i ušima koji čuje samo pacijent (najčešći u 99% slučajeva) i objektivni, koji može čuti i druga osoba u njegovoj blizini. Za objektivni šum postoje konkretni razlozi, najčešće u blizini uva, kao što su mišično-skeletni pokreti vilice, vrata ili delova srednjeg uva, brzina protoka krvi, malformacije i aneurizme bliskih krvnih sudova itd.

Uzroci zujanja u uvu mogu biti mnogobrojni. Starost, skoro redovno ide sa pojavom zujanja u ušima i oslabljenim sluhom. Bolesti i oštećenja srednjeg i unutrašnjeg uva (upale, tumori, otoskleroza, Menijerova bolest), upale i tumori slušnog nerva (neurinom akustikusa), prehlada i disfunkcija eustahijeve tube, upale sinusa, tumori mozga. Bolesti kardiovaskularnog sistema – ateroskleroza krvnih sudova, visok krvni pritisak, povećane masnoće u krvi, hormonski disbalansi, bolest štitne žlezde, degeneracija vratne kičme.

Favorizujući faktori su brojni i oni mogu povećati rizik nastanka zujanja u uvu: redovno izlaganje glasnim zvukovima (motorne testere, vatreno oružje, zvučnici), slušanje glasne muzike i slušalice u ušima, preterana upotreba mobilnih telefona, dugogodišnja upotreba i visoke doze nekih lekova (aspirin, hlorkin, antibiotici-gentamicin, streptomycin, neki citostatici...) Faktori rizika su i upotreba alkohola i kofeina u velikim količinama, komorbiditeti dijabetes, gojaznost, hipertenzija, povrede glave i vrata, kao i starost, stres, nespavanje, premor.

Tinitus različito utiče na ljude. Nekim ljudima može značajno uticati na kvalitet života, jer izaziva: glavobolju, umor, nesanicu, dekoncentraciju, anksioznost, depresiju. Lečenje ovih stanja možda neće direktno uticati na zujanje u ušima, ali može olakšati prisutnu muku. Uz dobru prevenciju: korišćenje antifona, profesionalne zaštitne opreme, promene stila života, u smislu zdravog života, zdrave ishrane, vežbi, šetnje, moguće je ublažiti

Abstract

Tinnitus is a very common symptom in the ENT office. Patients describe it as ringing in the ears and it presents them with a very big mental and emotional problem, it disrupts memory and concentration, interferes with their daily life, and causes bad mood and fear. The word tinnitus is of Latin origin and translates as “ringing or rattling” and can be manifested in different forms of sound perception such as: ringing, whistling, tweeting, hissing, etc.

Tinnitus is one of the frequent symptoms in the general practice office and one of the most common in the ear specialist. With a good and thorough medical history, complete and thorough examination, hearing test (audiometry), middle ear examination (tympanometry), and with the consultation of a neurologist, internist, and physiatrist, guidelines for the treatment of tinnitus are determined. There are two types of tinnitus: subjective, which is a noise in the head and ears that only the patient hears (the most common in 99% of cases), and objective, which can be heard by another person near him. There are concrete reasons for objective noise, most often near the ear, such as musculo-skeletal movements of the jaw, neck, or parts of the middle ear, speed of blood flow, malformations and aneurysms of nearby blood vessels, etc.

The causes of ringing in the ear can be numerous. Old age almost regularly goes with tinnitus and hearing loss. Diseases and damage of the middle and inner ear (inflammations, tumors, otosclerosis, Meniere's disease), inflammations and tumors of the auditory nerve (acoustic neuroma), colds and Eustachian tube dysfunction, sinus infections, and brain tumors. Diseases of the cardiovascular system - atherosclerosis of blood vessels, high blood pressure, increased fats in the blood, hormonal imbalances, thyroid disease, degeneration of the cervical spine.

Many contributing factors can increase the risk of tinnitus: regular exposure to loud noises (chainsaws, firearms, loudspeakers), listening to loud music and headphones in the ears, excessive use of mobile phones, long-term use and high doses of some drugs (aspirin, chloroquine, antibiotics-gentamicin, streptomycin, some cytostatics...) Risk factors are the use of alcohol and caffeine in large quantities, comorbidities diabetes, obesity, hypertension, head and neck injuries as well as age, stress, lack of sleep, and fatigue.

Tinnitus affects people differently. For some people, it can significantly affect their quality of life because it causes headaches, fatigue, insomnia, lack of focus, anxiety, and depression. Treating these conditions may not directly affect the tinnitus, but it may ease the discomfort. With good prevention - use of antifones, professional protective equipment, and changes in lifestyle in



zujanje. Takođe se koriste mnogi tretmani i edukacije kako se saživeti sa zujanjem u ušima, mogu se koristiti slušni aparati i kohlearni impantati – kod zujanja udruženog sa oslabljenim sluhom, generatori zvuka za prekrivanje i maskiranje tinitusa, kao i lekovi tipa vazodilatatora, B-kompleks vitamina, sedativa itd.

Zaključak je da zujanje u uvu može da nastane i bez očiglednog razloga, da u većini slučajeva nije znak ozbiljnog zdravstvenog problema. Jedan je od čestih simptoma, naročito u starijoj populaciji. Lečenje zujanja u uvu zahteva multidisciplinarni pristup u traženju uzroka i kompleksno lečenje. Za sada ne postoji nijedan lek koji je dokazao efikasnost u kliničkom ispitivanju. Subjektivni tinitus, uz sve tretmane i lekove, zahteva dobru motivaciju i ličnu volju da se zujanje u uvu stavi u drugi plan i na taj način sačuva i unapredi kvalitet života.

terms of healthy living, healthy diet, exercises, and walking, it is possible to reduce tinnitus. There are also many treatments and education on how to live with tinnitus, hearing aids and cochlear implants can be used - for tinnitus associated with impaired hearing, sound generators to cover and mask tinnitus, as well as vasodilators, B-complex vitamins, sedatives, etc.

The conclusion is that ringing in the ear can occur for no apparent reason, and in most cases, it is not a sign of a serious health problem. It is one of the frequent symptoms, especially in the elderly population. Treatment of tinnitus requires a multidisciplinary approach to finding the cause and complex treatment. So far, there is not a single drug that has proven its effectiveness in clinical trials. Subjective tinnitus, along with all treatments and drugs, requires good motivation and personal will to put the ringing in the ears on the back burner and thus preserve and improve the quality of life.