

# Music used to end ear ringing

## New tinnitus treatment offered in Lafayette

By Chris Outcalt  
Colorado Hometown  
Newspapers

It comes in a variety of forms: buzzing, hissing, clicking, roaring, beeping, chirping and frying.

Tinnitus — which is generally described as a ringing in the ears — affects more than an estimated 50 million Americans. And although less than 10 percent experience it with enough severity to seek help, those that do describe problems ranging from sleep loss to thoughts of suicide.

For years, drug therapies and other treatments associated with Tinnitus have produced varying levels of success.

Lafayette Audiologist Julie Eschenbrenner wants to help change that.

Eschenbrenner was one of the first doctors in Colorado trained to offer a new Tinnitus treatment called Neuromonics.

The treatment — which involves listening to music imbedded with a specific frequency and pitch unique to each patient — was developed over a 14-year period in Australia. The treatment is designed to mask the sound and desensitize the patient to the noise.

Neuromonics was first available in 2004 in Australia and hit the United States market in 2006. The method has been patented and approved by the Food and Drug Administration.

Eschenbrenner started offering the treatment when she moved to Flatirons Audiology in July. As of October 2007, about 100 practices across the county offered the patented treatment. She says she's al-

ready seen it help those that have had little success elsewhere.

"(Tinnitus) is an emotional thing for some people," said Eschenbrenner, who decided to utilize Neuromonics because of a skepticism of other treatments. "I thought there'd be a need for it."

A lack of education about Tinnitus, by both doctors and patients, is one of the major problems Eschenbrenner says she runs into.

"You go in and talk to general doctors about the treatment and a lot of them say they don't even know about it, that's a struggle," said Eschenbrenner.

Neuromonics clinical sales manager and audiologist Casey Rassh described the treatment as trying to look past and ignore something that's right in front of you.

"If you stand close to a screen and look out the window you can either look at the screen and everything else is blurry or look at everything else and the screen is blurry," explained Rassh. "We're trying to do that with Tinnitus, tell the brain the sound isn't important and to ignore it."

Each Neuromonics patient receives a customized hearing test designed to determine the frequency and pitch of the noise they're bothered by. The pitch is then imbedded in music and placed on an MP3 device for the patient to listen to. The customized music, says Eschenbrenner, works to desensitize the patient to their Tinnitus.

"We're not curing Tinnitus," Rassh said. "We move the noise to the background so people can focus on other things."

But don't get too excited



Submitted graphic  
The high-res Neuromonics device first available in 2004 in Australia and hit the United States market in 2006. The method has been patented and approved by the Food and Drug Administration.

about treating Tinnitus while listening to your favorite songs.

Because most people who suffer from Tinnitus are bothered by higher frequencies, only certain music can be used to mask the sound, according to Rassh.

"The best is baroque music and contemporary stuff you might hear at a spa," said Rassh. "Music is inherently relaxing so that fits that part of the treatment."

Neuromonics has copyrighted four tracks specifically for use as part of the treatment.

"The current treatment

landscape primarily consists of therapies that attempt to cover up the symptoms of Tinnitus," said Jack Springer, director and CEO of Neuromonics. "Neuromonics Tinnitus treatment not only provides immediate relief of a patient's symptoms, but also long-term benefits by systematically targeting underlying neurological and psychological causes."

For more information about Eschenbrenner's practice, visit [www.flatironsaudiology.com](http://www.flatironsaudiology.com) or call 303-664-9111. To learn more about Neuromonics visit [www.neuromonics.com](http://www.neuromonics.com).



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### In Brief

#### Contingency grant funds available

The fourth-quarter deadline for the Contingency Fund Grants from the Town of Superior is Friday, Nov. 30.

The program is intended to support local groups and organizations with a significant benefit to the community.

Applications are available at [www.townofsuperior.com](http://www.townofsuperior.com) or by stopping by the Parks and Recreation office, 127 E. Coal Creek Drive.

All applications must be returned by 5 p.m., Friday, Nov. 30.

For more information, call 303-554-9005.

#### Basketball skills challenge set

The Town of Superior and the City of Louisville will host a local Denver Nuggets Basketball Skills Challenge, Wednesday, Dec. 2, at Louisville Elementary School, 400 Hutchinson Street, Louisville.

Boys and girls ages 7-14 are welcome.

Kids will be tested on their dribbling, passing and shooting skills.

For more information, call 303-554-9005.

#### Skate with Santa on tap

Children and families will be able to take a turn on the ice with St. Nick himself dur-

ing the Skate with Santa event, Saturday, Dec. 15, at the Boulder Valley Ice at Superior.

For more information, call 303-554-0789.

#### Recycling board positions available

The Town of Superior's Recycling and Conservation Advisory Committee has positions available for residents interested in advising the board of trustees on matters relating to recycling, waste diversion and energy conservation.

The committee meets from 4-5:30 p.m., the second Thursday of every month.

For more information, call 303-499-3675.

## WEATHER KIDS WANTED!



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**E-MAIL** [weatherkids@coloradohometown.com](mailto:weatherkids@coloradohometown.com)

Artwork should be no larger than 8½ x 11. You can download a PDF form at [www.coloradohometownnews.com](http://www.coloradohometownnews.com) or pick one up at 1285 Centaur Village Drive in Lafayette. Artwork is randomly selected each week.

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