

## Laser Therapy for Tinnitus in Europe

In Europe there are a number of clinics that treat tinnitus using laser therapy combined with natural therapies such as diet, meditation, relaxation, etc. In this study (Int Tinnitus K. 2008;14(2):175-80) from Italy the researchers recruited 46 adult patients affected by disturbing tinnitus lasting for at least 3 years. All were treated with a combined counseling protocol constituting hypnosis and relaxation techniques.

They randomly assigned 26 patients to the group receiving low-level laser stimulation treatment and 20 to the placebo group. A reduction in tinnitus was noted in all groups but more significantly in the group receiving low-level laser stimulation. From the point of view of clinical classification, approximately 61% of irradiated patients had tinnitus severity decreased in comparison to 35% of the placebo group.

This study lends support for the value of laser in the treatment of tinnitus. If you do not have a powerful cold laser or a point probe that allows penetration close to the ear drum, you will find this treatment difficult. You will need a powerful infrared laser cluster of at least 1,000-2,000 mW to get sufficient photons into the ear or have a narrow point probe that you can insert directly into the ear canal. Both of these probes are available from Laser Allergy Relief Centers.

<http://www.lzr7.com/research/misc-low-level-laser-studies/#top>

## Effectiveness of transmeatal low power laser irradiation for chronic tinnitus.

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[J Laryngol Otol](#). 2008 May;122(5):447-51. Epub 2007 Jul 12.

### Abstract

#### OBJECTIVE:

To evaluate effectiveness of 5 mW laser irradiation in the treatment of chronic tinnitus.

#### STUDY DESIGN:

Prospective, randomised, double-blind study.

#### METHODS:

This investigation included 66 ears in 45 patients with chronic unilateral or bilateral tinnitus. A 5 mW laser with a wavelength of 650 nm, or placebo laser, was applied transmeatally for 15 minutes, once daily for a week. A questionnaire was administered which asked patients to score their symptoms

on a five-point scale, before and two weeks after laser irradiation. A decrease of one scale point, regarding the loudness, duration and degree of annoyance of tinnitus, was accepted to represent an improvement.

**RESULTS:**

The loudness, duration and degree of annoyance of tinnitus were improved, respectively, in up to 48.8, 57.7 and 55.5 per cent of the patients in the active laser group. No significant improvement was observed in the placebo laser group.

**CONCLUSION:**

Transmeatal, low power (5 mW) laser irradiation was found to be useful for the treatment of chronic tinnitus.