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## **A Trial of Low Level Laser Therapy for Reduction of Tinnitus Symptoms (808 nm, 400mW laser)**

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This was a trial of laser treatment for tinnitus conducted to determine optimal treatment duration and frequency. Another goal was to determine whether maintenance treatment will be required and to predict which patients will benefit from laser treatment using a preliminary questionnaire.

The results of this trial indicate that low level laser therapy using 808 nanometer dual 400 mw infrared laser beamed into the acoustic meatus bilaterally for a duration of between 20 to 40 minutes each year can alter a patients perception of their tinnitus volume or tone by up to 80% and on average 20% and alter continuous tinnitus symptoms to variable. Some patients also reported an increased hearing acuity, being able to lower the television volume by 10 decibels, or 4 levels lower on the volume scale for their televisions. Non face to face conversations were also reported as improved, which means the previous reliance on lip reading or postural signal interpretation was reduced.

Patients reported the perceived increase in hearing acuity to be the most significant improvement even when the pitch or volume levels were minimally changed following treatments.

Source: <http://www.laser.nu/lllt/pdf/Tinnihelp3.pdf>

**Swedish Laser Medical Society**, Laser World

The Laser Therapy – LLLT Internet Guide

2004