


# Tinnitus Risk Factors

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Anyone can experience tinnitus, but these factors may increase your risk:

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## Common risk factors include:

 **Loud noise exposure.** This can damage the tiny sensory hair cells in your ear that transmit sound to your brain. People who work in noisy environments without adequate hearing protection, such as factory and construction workers, musicians and soldiers, are particularly at risk.

 **Age.** In many cases, hearing loss is just part of the aging process, possibly causing hearing problems often associated with tinnitus.

 **Sex.** Men are more likely to experience tinnitus.

 **Smoking.** Smokers have a higher risk of developing tinnitus.

 **Cardiovascular problems.** Conditions that affect your blood flow, such as high blood pressure or narrowed arteries (atherosclerosis), can increase your risk of tinnitus.

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