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## **Navigating the complexity of tinnitus exacerbation: A scholarly approach**

The phenomenon of 'tinnitus spikes', or acute exacerbations of tinnitus symptoms, presents a significant challenge to clinicians, compounded by a scarcity of authoritative resources. This situation is further complicated by the predominance of patient-directed content online, which overshadows the need for clinician-oriented educational materials. Our objective is to bridge this knowledge gap by fostering a nuanced comprehension of 'tinnitus worsening' through an exhaustive review of the existing scientific literature. This presentation aims to clarify the terminology and classification related to tinnitus exacerbation, quantify its prevalence within various tinnitus management strategies, and examine patterns of adverse events as reported in clinical databases. By synthesising these insights, we propose a set of evidence-based recommendations for the clinical management of patients experiencing worsened tinnitus symptoms, grounded in best medical practices. This comprehensive approach seeks not only to inform but also to enhance the standard of care for individuals afflicted by this challenging condition.