

# Tinnitus as a Documented Symptom of Benzodiazepine Withdrawal

Tinnitus (ringing, buzzing, or hissing in the ears) is a well-documented and medically recognized symptom of benzodiazepine withdrawal, particularly in individuals who have used the medication long-term or have tapered too quickly.

## Documented Sources and Clinical Recognition:

### 1. Ashton Manual (Dr. Heather Ashton, 2002)

- Dr. Ashton, a leading expert in benzodiazepine withdrawal, identified tinnitus as a common withdrawal symptom in her manual used globally by patients and clinicians.

- Reference: Ashton, H. (2002). "Benzodiazepines: How They Work and How to Withdraw." Newcastle University.

### 2. FDA Drug Labels

- Tinnitus is listed as a potential withdrawal symptom in official FDA drug safety documentation for medications like clonazepam (Klonopin) and diazepam (Valium).

- Example: FDA Label for Klonopin (Clonazepam): "Tinnitus has been reported upon withdrawal."

### 3. Peer-Reviewed Medical Literature

- Voshaar, R. C. O., et al. (2006). "Benzodiazepines and the risk of withdrawal symptoms." *CNS Drugs*, 20(7), 575-587.

- This review notes tinnitus among neurological symptoms seen in benzodiazepine withdrawal.

### 4. Case Reports and Clinical Observations

- Numerous case studies have reported persistent or intermittent tinnitus during both acute and protracted benzodiazepine withdrawal.

- Observations highlight that symptoms may fluctuate and be exacerbated by stress or reinstatement of benzodiazepines.

#### Mechanism:

Benzodiazepines modulate the GABA-A receptor, and withdrawal leads to a state of central nervous system hyperexcitability. This overactivity can manifest as sensory hypersensitivities, including auditory disturbances like tinnitus.

#### Conclusion:

Tinnitus is a recognized and distressing withdrawal symptom. Supportive care, slow tapering, and audiological consultation may help manage its impact.

This document is informational and not a substitute for medical advice.