

Serotonin- Norepinephrine Reuptake Inhibitor (SNRI) Treatment for Tinnitus and Depression: Two Case Reports

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Background/Objectives:

Tinnitus is a common disorder with a prevalence of 18 %, and about 0.5-2% of the patients reported tinnitus as a severe problem in their lives. There is also a high co-morbidity between tinnitus and depression. Here we report two cases of tinnitus and depression successfully treated with a low dose duloxetine at 30 mg per day (mg/d).

Case Reports

Case 1:

Mr. A, a 69 year-old man had perceived fluctuating bilateral tinnitus for five years. Not until 2 years ago, exacerbation of his tinnitus to daily frequency had interfered with his sleep and psychosocial function. He was prescribed with duloxetine 30mg/d as treatment; his tinnitus and depression symptoms improved after 2 weeks and had total remission of the tinnitus and depression after 8 weeks of duloxetine 30 mg/d treatment.

Case 2

Ms. B, a 68 year-old married woman, with DM, type 2 under well control has depressive symptoms of low mood, negative thinking, poor sleep, lack of energy, poor memory, and severe ear sharp pain and tinnitus 2 years ago. She was given duloxetine 30mg/d for her depression with somatic pain and tinnitus. Her ear pain, tinnitus and depression symptoms improved after 2 weeks and had total remission of the tinnitus and depression after 6 weeks of duloxetine 30 mg/d treatment.

Discussion

“Abnormal connections” in the central auditory system has been suggested to play a role in tinnitus. Duloxetine proved to have therapeutic effect on tinnitus and depressive symptoms in both of our patients.