



Randomized Controlled Trial [J Laryngol Otol.](#) 2009 Jan;123(1):54-60.

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## Randomised, double-blinded, placebo-controlled, clinical trial of ozone therapy as treatment of sudden sensorineural hearing loss

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### Abstract

**Objective:** To investigate the safety and efficacy of ozone therapy in adult patients with sudden sensorineural hearing loss.

**Design:** Prospective, randomised, double-blinded, placebo-controlled, parallel group, clinical trial.

**Subjects:** Forty-five adult patients presented with sudden sensorineural hearing loss, and were randomly allocated to receive either placebo (15 patients) or ozone therapy (auto-haemotherapy; 30 patients). For the latter treatment, 100 ml of the patient's blood was treated immediately with a 1:1 volume, gaseous mixture of oxygen and ozone (from an ozone generator) and re-injected into the patient by intravenous infusion. Treatments were administered twice weekly for 10 sessions. The following data were recorded: pre- and post-treatment mean hearing gains; air and bone pure tone averages; speech reception thresholds; speech discrimination scores; and subjective recovery rates.

**Results:** Significant recovery was observed in 23 patients (77 per cent) receiving ozone treatment, compared with six (40 per cent) patients receiving placebo ( $p < 0.05$ ). Mean hearing gains, pure tone averages, speech reception thresholds and subjective recovery rates were significantly better in ozone-treated patients compared with placebo-treated patients ( $p < 0.05$ ).

**Conclusion:** Ozone therapy is a significant modality for treatment of sudden sensorineural hearing loss; no complications were observed.

### Comment in

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Bocci V, Travagli V, Zanardi I.

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