

# Nasal Echo

July 20, 2022

You hear an echo of your voice, breathing, and external sounds that seem to resonate in your sinuses. This gives you a -(IE) penalty on all saving throws against sound-based attacks and Wisdom (Perception) checks based on hearing. Because it causes you to hear differently, it also gives +(IE) to saving throws against [Charm Person](#) and other charm attacks with a verbal component.

## Real-world Examples

Eustachian Tube Dysfunction

## Assistive Options

Valsalva Maneuver: Attempting to blow while holding the nose and mouth shut puts pressure on the sinus cavity and inner ear and can reduce nasal echo by 1 IE for 2d4 minutes.

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# Tinnitus

July 20, 2022

You have a persistent sound (ringing, buzzing, roaring, clicking, hissing) in your ears that makes it difficult to understand talking, especially in the presence of background noise. This sound is audible even in magical silence. This gives a -(IE) on all hearing-related Wisdom (Perception) and Charisma (Persuasion) checks when background noise is present.

## **Real-world Examples**

Tinnitus, Ménière's Disease, Eustachian Tube Dysfunction, Temporomandibular Joint Disorders, Acoustic Neuroma

## **Assistive Options**

While certain factors cause tinnitus to get worse, such as fatigue, alcohol, and reducing stress, reducing them doesn't have enough effect to change game mechanics.

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# **Ear Pain**

July 20, 2022

You experience chronic pain in your ears, causing ear pain and headaches. Any action that requires concentration (e.g., maintaining a spell) requires a successful DC 10 + (IE) Constitution saving throw per round to maintain concentration. Because you're used to managing pain, even though this doesn't reduce the experience of pain, you have a +(IE) bonus to saving throws against psychic damage.

## **Real-world Examples**

Otitis Media, Otitis Externa, Eustachian Tube Dysfunction, Wegener Granulomatosis, Ramsay Hunt Syndrome, Polychondritis

## **Assistive Options**

Applied heat or cold may help, as can sleeping upright in some circumstances. A character with chronic ear pain will likely have determined what works for them. The player and GM should decide what works effectively, and using this method will reduce the IE by 1 for 1d6 hours.

## **Magical Assistance**

Any kind of magical healing, except potions, that relieves at least 1 hp can be applied directly to the ears to reduce pain by 2 IEs for a number of hours equal to the number of hp that would've been healed to a maximum of 1 day.