



Ear Infections



What is it?

***Ear Infections**- fever, earache, infants or small children pulling at their ears, inconsolable crying

-Occur- in the ear canal or the middle ear

***Middle Ear Infection (Otitis Media)**- often develops during a cold which cause the eustachian tube that connects the middle ear to the throat to swell and close

-Closed Tube- air cannot reach the middle ear, creating a vacuum drawing fluid into the middle ear, causing an infection from viruses and bacteria

-Highly Contagious Disease- caused by streptococci, staphylococci, usually involves the external ear alone

***Eardrum Rupture-** caused by infected fluid that is trapped in the middle ear causing pressure on the eardrum, can build pressure until the eardrum ruptures, eardrum ruptures rarely cause hearing loss, usually not serious if one eardrum

-Repeated Eardrum Rupture- can cause hearing loss

***Otomycosis-** fungus infection of the external ear, producing a subacute or chronic dermatitis causing severe itching and pain, stinging sensation in the canal, thickened skin from prolonged scratching, skin is dirty gray or black; suggest an antifungal agent

-Caused by- swimming, poor hygiene, infection

Signs and Symptoms:

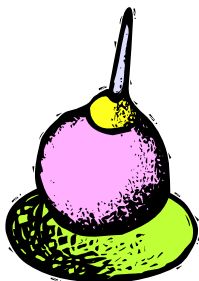
***Middle Ear Infection-** feeling of fullness in the ear, ringing, pain, dizziness, deafness

-Response to changes in pressure- high altitude flying, deep sea diving

What can I do?

***See your Physician-** use ear drops as directed

***AVOID-** cotton swabs, any object in the ear



© 2004 Food Fitness First, Inc.
www.foodfitnessfirst.com

