

TAKE CARE OF YOUR EARS

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Audio & speech therapist

Isn't it fun to be able to hear and talk? You can talk to your friends, hear their jokes and laughter. But if you cannot hear and talk, you would miss out on a lot of fun. To preserve these precious gifts of speech and hearing, which are interdependent on each other, you have to take special care. Our ear is a delicate organ. A damage or injury to any part of the ear may lead to deafness.

One of the common causes of deafness is persistent ear infection and ear discharge. If we neglected it, it may lead to permanent deafness. It is therefore essential that we pay special attention to our ear and its hygiene. Here are few guidelines that will help you take proper care of your ear and hearing sensitivity.

- A slap or blow on the ear can cause a hearing problem that may be irreversible. Take care not to slap or strike any one on the ear, even for fun.
- Sudden loud noises like crackers, gunshots etc. can damage the ear and cause deafness. Protect your ears from loud noises.
- Constant exposure to loud sounds such as factory noise, loud music etc. can lead to permanent deafness. Use ear protectors while working in noisy places.
- Do not scratch your ears with pointed objects like matchstick, hairpin, pencil etc. it can rupture the eardrum or injure the ear canal.
- Do not put oil or any other liquid in the ear as this can result in pain swelling and ear discharge. Keep your ears dry.
- Do not swim in dirty water. Unclean water entering the ear can cause ear infection. While swimming always plug your ears with cotton or ear plugs especially while diving, this prevents the water from directly entering your ear and rupturing the ear drum.
- Do not have your ears cleaned by roadside quacks. They use unclean instruments, which may cause infection, and eardrum may also get damaged. Clean your ears with cotton buds or get in cleaned by an ENT surgeon
- While feeding a baby, keep its head raised, when the baby will regurgitate the milk may enter into the middle ear cavity through the small passage connecting the throat and the ear.
- Frequent nose and throat infections may cause ear pain, swelling and discharge. Consult a doctor and take regular treatment.

- Do not use drugs without consulting a doctor. Few drugs may cause deafness.
- Consult your doctor for getting the ears checked or cleaned regularly, say once in six months. Prevention is better than cure. Proper hygiene and care of the ears at right time will help in preventing deafness.