



Swimmers Ear

P1 & 2



Healthy Eating

P2



Sound Bytes

INFORMATION FOR YOUR EARS

Beat Swimmer's Ear This Summer!

Swimmer's ear, an infection of the outer ear, is a condition that occurs as a result of water getting trapped in your ear canal from baths, showers, hot tubs, swim pools or moist environments. Other factors that may contribute to swimmer's ear include: excessive cleaning of the ear canal with q-tips, contact with hair spray or hair dye, and small cuts or abrasions of the ear canal. When this happens, you may experience infection, itchy ears, swollen ear canals, drainage, fever, decreased hearing, irritation or pain. Since this condition often affects swimmers, it is commonly known as swimmer's ear. Swimmer's ear tends to affect children and teenagers more frequently, but can also affect those with eczema or earwax.

What should you do if you suspect swimmer's ear?

It is recommended that you see your physician or an Ear, Nose, and Throat specialist if you begin to exhibit signs and symptoms of swimmer's ear. A doctor will look in your ear and diagnose if you do or do not have

swimmer's ear. The doctor may also take a sample of any abnormal fluid or drainage in your ear to check for fungus or bacteria.

How is swimmer's ear treated?

The treatment for swimmer's ear includes cleaning the ear canal of any debris, drainage or ear wax and the use of prescription eardrops. The eardrops will help to reduce swelling and rid the ear of any bacterial or fungal growth. If infection goes beyond the skin of the ear canal, oral antibiotics may be needed. In order to prevent swimmer's ear from occurring you should wear earplugs to keep the water out of your ears.

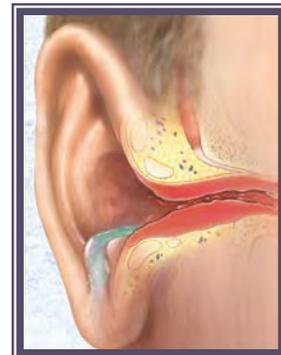


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Healthy Eating Habits to Help Hearing Loss

Did you know that what you eat can have an effect on how well you can hear? There are some foods containing different minerals, vitamins, antioxidants, and nutrients that can help protect your ears, prevent hearing loss, and slow down the progression of an already occurring hearing loss.

Anti-oxidants and Folic Acids

Antioxidants and folic acids are more commonly found in foods such as spinach, asparagus, beans, sweet potatoes, broccoli, eggs, liver, and nuts and have been shown to reduce the risk of hearing loss by up to 20%. Antioxidants are known to protect against the amount of free radicals that are moving through the body which could cause damage to the nerve tissue in the inner ear.

Omega 3 Fats and Vitamin D

Omega 3 fatty acids and vitamin D are found to have anti-inflammatory properties that can help to strengthen the bones in the ear and reduce damage to sensitive tissues. This has been shown to reduce the prevention of age related hearing loss. Omega 3 fats are found primarily in fish, such as salmon, tuna, trout, sardines, chia seeds, flaxseeds, walnuts, beans, olive oil, and coconut oil. Research has shown that adults who eat fish twice a week have a 42% lower chance of developing age related hearing loss as compared to individuals who do not eat fish. Vitamin D comes from sunlight, mushrooms, and lichens.

Vitamin C and E

Vitamins C and E are antioxidants that are known to protect against free radicals and boost your immune system which can help to prevent ear infections. Vitamin C is found in citrus fruits, fresh herbs, guava, and strawberries. Vitamin E is found in almonds, sunflower seeds, leafy greens, mango, and olive oil. Both vitamins together can be found in red bell peppers, broccoli, kiwi, and papaya.

Magnesium

Magnesium is a mineral in our body that helps us to deal with stress and has been found to reduce tinnitus and to protect against noise induced hearing loss. This mineral is found in almonds, brown rice, leafy greens, artichokes, barley, brazil nuts, beans, pumpkin seeds, potatoes, and bananas.

Zinc

Zinc is found in dark chocolate and oysters and has been known to increase the inner ear's resistance to age related hearing loss.

These minerals, vitamins, antioxidants, and nutrients can help in maintaining healthy lifestyle and healthy hearing. Reducing the effects of age related hearing loss, tinnitus, and noise induced hearing loss. (This information is not intended to be used to diagnose, treat, cure, or prevent disease and have not been evaluated by the FDA.)

