

Lyric Audiology

Bringing words and music to your ears



HEAR IT HERE!

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**IT'S SUMMERTIME, SUMMERTIME,
SUM-SUM-SUMMERTIME!!**



SPOTLIGHT ON SWIMMER'S EAR

It's SUMMERTIME...time for Picnics, sports, and, of course, SWIMMING. There is no better exercise or fun in the sun than swimming. But, along with swimming can come --- SWIMMER'S EAR!! ☹

Swimmer's Ear—or otitis externa— is an infection of the ear canal that occurs when moisture enters the ear canal, irritates the canal skin allowing bacteria or fungus to penetrate below the skin surface, eventually leading to infection.

The Symptoms of swimmer's ear are: Ear itchiness, Ear pain, Ear drainage and Swelling of the ear canal which can lead to difficulty hearing.

If you experience any of these symptoms, it's important to seek medical help. The infection typically resolves with ear-drops that contain a combination of an anti-bacterial, anti-fungal and a steroid. Over-the-counter pain relievers, such as ibuprofen, naproxen, or acetaminophen may be recommended to reduce pain. During treatment, make sure to keep the ear dry during bath time and avoid swimming until the infection is resolved.

Prevention You can prevent swimmer's ear by following a few simple steps.

Keep your ears dry. Dry your ears thoroughly after exposure to moisture from swimming or bathing. Dry only your outer ear, wiping it slowly and gently with a soft towel or cloth.

At-home preventive treatment. If you know you don't have a punctured eardrum, you can use homemade preventive eardrops before and after swimming. A mixture of 1 part white vinegar to 1 part rubbing alcohol may help promote drying and prevent the growth of bacteria and fungi that can cause swimmer's ear. Pour 1 teaspoon (about 5 milliliters) of the solution into each ear and let it drain back out.

Swim wisely. Watch for signs alerting swimmers to high bacterial counts and don't swim on those days.

Avoid putting foreign objects in your ear. Never attempt to scratch an itch or dig out earwax with items such as a cotton swab, paper clip or hairpin. Using these items can pack material deeper into your ear canal, irritate the thin skin inside your ear or break the skin.

Protect your ears from irritants. Put cotton balls in your ears while applying products such as hair sprays or dyes.

Use caution after an ear infection or surgery. If you've recently had an ear infection or ear surgery, talk to your doctor before you go swimming.

Join Our Battery Club



**COMING SOON! OUR
NEW BATTERY CLUB.**

Details in our July Newsletter!!!



**FREE
CAPTIONCALL
PHONE**
CALL 845-395-0300

Hearing Problem? Tinnitus?? Call now for a FREE consultation.

 Lyric Audiology is located in the Gateway Plaza, 371 Route 17M, Monroe. 845-395-0300

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