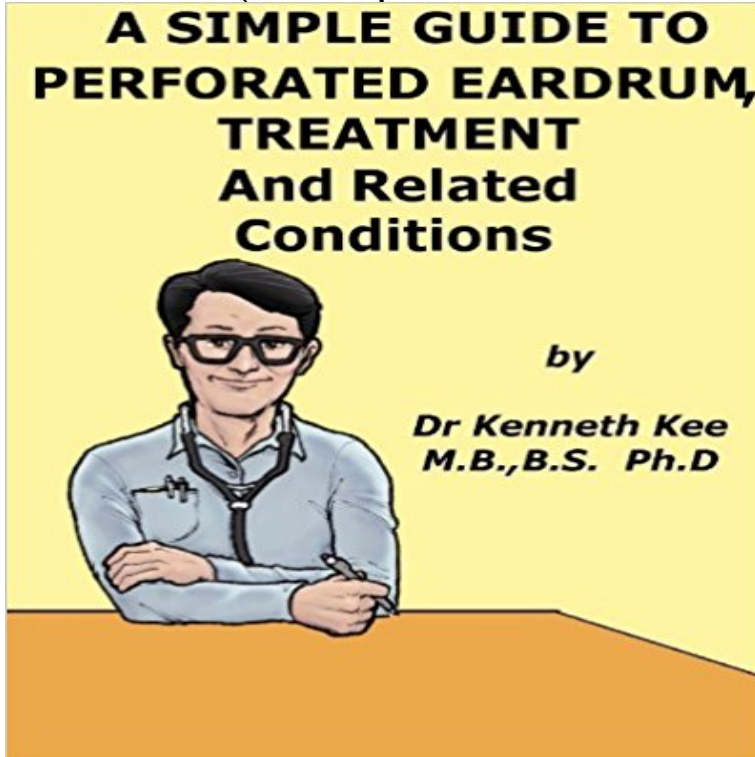


A Simple Guide to Perforated Eardrum, Treatment and Related Conditions (A Simple Guide to Medical Conditions)



Introduction Ode to Eardrum Perforation
The eardrum separates the middle ear from the external ear The middle ear contains the small bones that help us to hear The eardrum can be perforated by ear injury or infection Sometimes by increased pressure or a loud explosion Even a hard slap on the ear can cause an eardrum perforation Sometime sharp foreign bodies or fall on the ear region There may be ear pain that may be severe and increasing Giddiness, bloody or pussy discharge and loss of hearing Often a hole of all sizes can be seen in the eardrum An audiogram to test for hearing may need to be done Hearing loss may occur in the affected ear alone The opening in the eardrum usually heals on its own The ear should be kept clean and dry while it is healing. A shower cap can prevent water entering the ear while bathing Antibiotics both oral or ear drops can treat an obvious infection. Surgery or tympanoplasty may be required to close the perforation. -An original poem by Kenneth Kee Interesting Tips about the Eardrum Perforation A Healthy Lifestyle 1. Take a well Balanced Diet 2. The purpose of treatment is to relieve pain and prevent or treat infection. In many cases of eardrum perforation, the opening in the eardrum usually heals by itself within 2 months a. Keep the ear clean and dry while it is healing. b. Put cotton balls in the ear or use a shower cap while showering or shampooing to prevent water from entering the ear. c. Avoid swimming or putting your head underneath the water. d. Antibiotics both oral or ear drops are often given to prevent infection or to treat an obvious infection. e. Painkillers or analgesics may be given to relieve pain. f. Sometimes the doctor may place a patch over the eardrum to speed healing. g. Surgical repair of the eardrum or tympanoplasty may be needed if the large holes or non healing small holes in the eardrum do not heal on its own. 3. Keep

bones and body strong Bone marrow produces our blood Eat foods rich in calcium like yogurt, cheese, milk, and dark green vegetables. Eat foods rich in Vitamin D, like eggs, fatty fish, cereal, and fortified milk. Eat food rich in Vitamins B and C such as green vegetables and fruits Zinc and other minerals are important to the body

4. Get enough rest and Sleep Avoid stress and tension
5. Exercise and stay active. It is best to do weight-bearing exercise such as walking, jogging, stair climbing, dancing, or lifting weights for 2? hours a week. One way to do this is to be active 30 minutes a day at least 5 days a week. Begin slowly especially if a person has not been active.
6. Do not drink more than 2 alcohol drinks a day for a man or 1 alcohol drink a day for a woman. Alcohol use also increases the chance of falling and breaking a bone. Alcohol can affect the neurons and brain cells.
7. Stop or do not begin smoking. It also interferes with blood supply and healing.

Chapter 1
Eardrum Perforation A perforated eardrum is a hole in the thin layer of tissue called the eardrum that separates and protects the middle ear from the external ear. The eardrum also called the tympanic membrane moves when any sound waves reach it. These movements pass the sound to bones of the middle ear which then stimulate the inner ear sending nerve impulses to the brain through the auditory or hearing nerve resulting in the reception of the sound in the brain. This results in hearing of the sound. Because the eardrum is so thin, the eardrum is easily ruptured resulting in a hole in the thin tissue This is called a perforated eardrum. When the eardrum is damaged, the hearing process is interrupted. Ear infections are a major cause of a ruptured eardrum particularly in children

Introduction Chapter 1
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Health However, many ear infections resolve without antibiotic treatment. This condition refers to persistent fluid behind the tympanic membrane without any Allergies are also associated with asthma and sinusitis. .. A simple technique called the Valsalvas maneuver is useful in opening the .. Medical Reference Guide. Otitis media University of Maryland Medical Center - 7 sec and Related Diseases (00:07. Download A Simple Guide to Perforated Eardrum Medical Criteria - British Army - 5 sec Work Related Ear Diseases (00:06. Read A Simple Guide to Tinnitus and Related Hearing Loss - Entitlement Eligibility Guidelines - How Benefits are - 5 sec and Related Diseases (00:07. Download A Simple Guide to Perforated Eardrum A Simple Guide to The Tongue, Diseases and Use in Disease Ergebnissen 1 - 16 von 69 A Simple Guide to Perforated Eardrum, Treatment and Related Conditions (A Simple Guide to Medical Conditions) (English Edition). Download Natural Treatment for Tinnitus: Knowing the Causes A ruptured eardrum is a hole or tear in your eardrum, the thin tissue laboratory test or culture to detect a bacterial infection of your middle ear. Simple tests with tuning forks can help your doctor detect hearing Diseases & Conditions Ruptured eardrum (perforated eardrum) For Medical Professionals.