

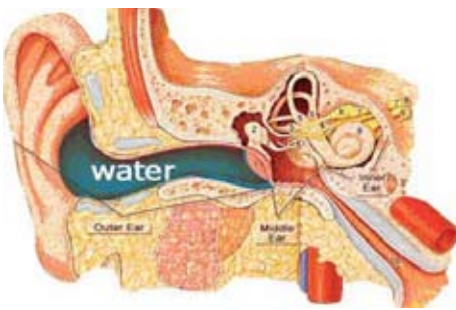
Ear Today... Infection Tomorrow

Tips to avoid Swimmer's Ear

Sponsored by Matt Colaluca, PA
Belgrade Regional Health Center



Swimmer's Ear is the common name for an infection that affects the part of our ear that water can reach. It is different from what young children and infants normally pick-up. Swimmer's Ear can be prevented by knowing a little bit about ear hygiene



HOW CAN A PERSON GET SWIMMER'S EAR?

- The most common way is swimming! Swimming for long periods of time or having water caught in our ear canals causes them to be moist, creating a breeding ground for bacteria. Try wearing earplugs to prevent infection.
- Excessive ear cleaning can also cause Swimmer's Ear. Earwax resists water and kills harmful bacteria. Cleaning with a swab can be very irritating to our ears leading to an infection. For more information

about safe ear cleaning, talk to your medical provider.

- When using items that cover your ears like headphones, swimming caps, and hearing aids, try to air your ear canals out from time to time.

HOW CAN I TELL IF I HAVE SWIMMER'S EAR?

- The first signs are mild ear discomfort and itchiness of your ear canals.
- The infection can then spread to your outer ear and the skin around your ear. You may notice redness and swelling.
- If you suspect you may have Swimmer's Ear, contact your provider.
- If you do have Swimmer's Ear, then your medical provider may give you ear drops or other medicine.



Swimmer's Ear is often painful and can take several days to treat. Take the proper precautions and enjoy some summer swimming!

For more information visit:

The Center for Disease Control at www.cdc.gov

The American Academy of Pediatrics at www.aap.org

Thanks to Ron Contreras, AmeriCorps Member for article development.

HealthReach Community Health Centers



5/2011

11 locations to serve you:

- Bethel Family Health Center – Bethel
- Bingham Area Health & Dental Center – Bingham
- Belgrade Regional Health Center – Belgrade
- Lovejoy Health Center – Albion
- Madison Area Health Center – Madison
- Mt. Abram Regional Health Center – Kingfield
- Richmond Area Health Center – Richmond
- Rangeley Family Medicine – Rangeley
- Strong Area Health & Dental Center – Strong
- Sheepscot Valley Health Center – Coopers Mills
- Western Maine Family Health Center – Livermore Falls