

# 10 Tips For Ear, Nose, & Throat Wellness

## Ears:

1. *Protect your hearing. Don't expose yourself to loud noise (music, work related, recreational) without adequate protection. Once the delicate inner ear hair cells are lost from noise exposure, they are gone forever.*

2. *Don't ignore a discharge of fluid from the ear. This could be due to infection, injury or another serious ailment. Blood coming from the ear can be serious.*

3. *Check with a specialist if you experience: ear pain, dizziness or vertigo, tinnitus (ear ringing, buzzing, humming or other sounds that are not coming from the external world), ear pressure or fullness, or loss of hearing (especially if it is sudden).*

## Nose:

1. *Nose bleeds can be serious, especially if you are over 50 years of age. Always see a specialist if this happens frequently.*

2. *Continuous nasal blockage should be fully evaluated, especially if it is always on the same side.*

3. *Protect the delicate lining of the nose from drying. The nasal mucous membrane is only one cell thick, and its thin layer of mucus can dry out quickly in cold or wind. Keep your body well hydrated with lots of water and use a salt water spray for the nose if crusting and drying occurs.*

4. *If you lose your sense of smell for longer than a few days, see a specialist right away. This can be permanent if not treated rapidly.*

## Mouth, Throat, & Neck:

1. *Changes in the voice, especially when accompanied by trouble swallowing, can be due to a serious ailment. If there is no obvious cause, such as a cold virus, see a specialist if the problem doesn't get better after 7-10 days.*

2. *Don't smoke. Drink alcohol in moderation. Smoking and alcohol are the main causes of cancer of the lining of the mouth, throat, voicebox and lung.*

3. *Any lump in the neck that suddenly arises needs to be checked by a specialist. There are many causes, both benign and malignant. Successful cure is dependent on early diagnosis and treatments.*

