

cannot turn around; neither can they crawl backwards. They keep on struggling, though and their motion can be painful and frightening.

Small Insects are easily washed out with warm water from a rubber bulb syringe.

Beads, pencil lead, erasers, bits of plastic toys and dried beans are common objects that children put into their ears. Removal is a delicate task - one for the doctor to perform.

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Specialist in Ear, Nose and Throat Diseases &
Head and Neck Surgery

FOR APPOINTMENTS CALL : 7712700
Between 10 a.m. and 7 p.m. on Weekdays

TIMINGS

Monday	10 a.m. to 1 p.m.	4 p.m. to 7 p.m.
Tuesday	Surgery	4 p.m. to 7 p.m.
Wednesday	10 a.m. to 1 p.m.	4 p.m. to 7 p.m.
Thursday	Surgery	4 p.m. to 7 p.m.
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*Swimmer's Ear
Itchy Ears and
Ear Fungus*



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WHAT IS "SWIMMER'S EAR"?

"Swimmer's ear" is one of a number of names for infection of the outer ear canal. It is also called "fungus" of the ear or "jungle ear". Sometimes it really is caused by a fungus, but more often, especially in painful cases, it is caused by one of nature's common bacteria.

HOW DO YOU AVOID IT?

When water gets into your ear, it may bring with it bacteria or fungus particles. Usually the water runs back out; the ear dries out, and the bacteria and fungus don't cause problems. But sometimes the water remains trapped in the ear canal, and the skin gets soggy. Then the bacteria and fungus grow, flourish, and can infect the ear.

First the ear feels blocked and may itch. Soon the ear canal becomes swollen, sometimes swells shut, starts draining a runny milky liquid, and becomes very painful. It is also very tender to touch, especially on the tragus (the triangular piece of cartilage in front of the ear canal). When the infection gets to this stage, a doctor's treatment is needed. This is also true if glands in the neck become swollen.

However, the entire sequence of events can be easily prevented if you use antiseptic eardrops whenever you feel that water is trapped in your ears.

If your ear feels moist or blocked after swimming, hairwashing, showering, etc. put your head over with that ear up, pull the ear upwards and backwards and instill the eardrops into it. Wiggle your ear to get the drops to go all the way down in, and then turn your head to let them drain out.

* If yours is a frequently recurring problem, your doctor may instead recommend placing ear drops in your ears before swimming to protect them from the effects of the water.

CAUTION : If you already have an ear infection, or if you have ever had a perforated, punctured, ruptured, or otherwise injured eardrum, or if you have had ear surgery, you should consult an ear doctor before you go swimming and before you use any type of ear drops. If you do not know if you have or ever had a perforated, punctured, ruptured, or otherwise injured eardrum, you should consult your ear doctor.

WHY DO EARS ITCH?

An itchy ear is a maddening symptom. Sometimes it comes from a fungus [especially in acute cases], but more often it is a chronic dermatitis [skin inflammation] of the ear canal. One type is seborrheic dermatitis, a condition similar to dandruff in the scalp; the wax is dry, flaky, and abundant. Some patients with this problem will do well to decrease their intake of foods that aggravate it, such as greasy foods, carbohydrates [sugar and starches], and chocolate. Doctors often prescribe an oily or cortisone-containing eardrop to use at bedtime whenever the ears itch. There is no long-term cure, but it can be kept under control. Itchy ears in a few patients are caused by allergies that require specific medical treatment.

Patients with itchy, flaky ears or ears that accumulate wax are very likely to develop "swimmer's ear".

WHAT ABOUT INSECTS AND FOREIGN OBJECTS?

Of the many types of insects that can get into the ears, ants, moths, and roaches are the most common. Bigger insects