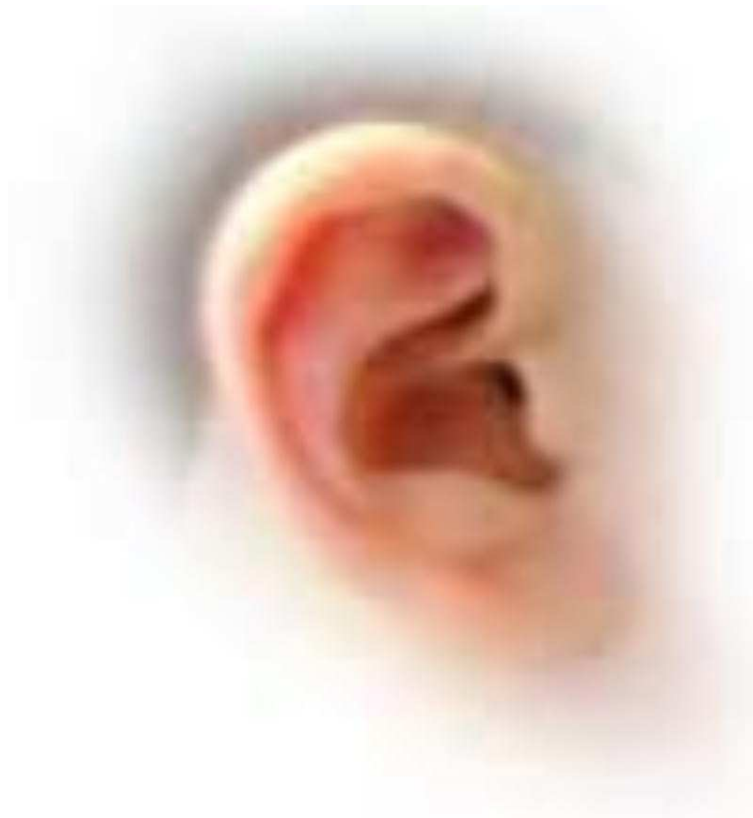


*Common ear problems
&
Thermal Auricular Therapy*



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Glue Ear

Glue ear is also known as otitis media. It is a condition where the middle ear becomes filled with fluid that looks like glue and it can affect one or both ears. The inflammation often begins when infections that cause sore throats, colds, or other breathing problems spread to the middle ear - the part of the ear that lies behind the eardrum.

There are many reasons why children are more likely to suffer from glue ear than adults; Children have more trouble fighting infections, partly because their immune systems are still developing. Also the passageways connecting the ears to the throat are small and can get blocked meaning any fluid cannot drain and will collect in the ear.

As the fluid increases, the child may have trouble hearing because the eardrum and middle ear bones are unable to move as freely as they should. As the infection worsens, the fluid gets thicker and glue-like and many children also experience severe ear pain. Eventually, too much fluid can put pressure on the eardrum and tear it.



Picture of glue ear

Antibiotics may be given if there is infection. But in persistent cases an operation is often needed to drain the ear and insert tiny drainage tubes called grommets.

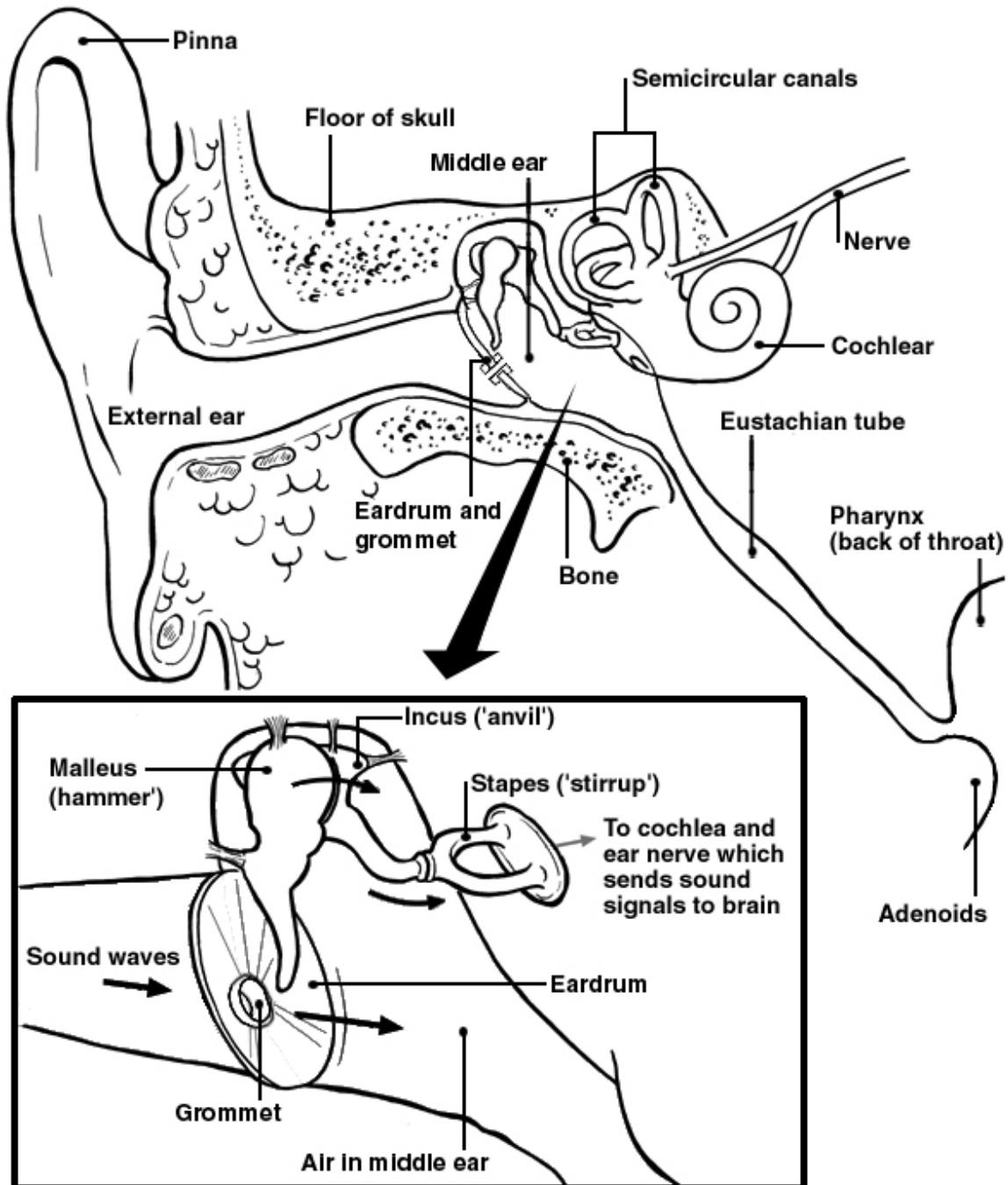
Recommendations for use of Hopi-ear Candles:

An initial treatment of once per week for 3 weeks, then regular monthly treatments thereafter may be beneficial. Caution should be taken if there is obvious inflammation, discharge or pain and the client should be referred to their GP. As glue ear primarily affects children, parental/guardian consent and presence during treatment is required.

Grommets

Grommets are very small plastic tubes, which sit in a hole in the eardrum. They let air get in and out of the ear.

The diagram below shows where a grommet is placed.



Grommets usually fall out by themselves as the eardrum grows. They may stay in for six months, or a year, or sometimes even longer. You may not notice when they drop out.

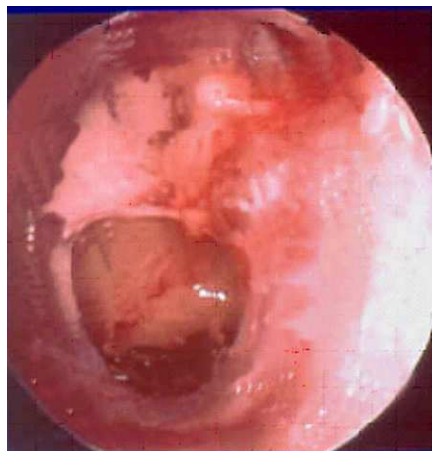
Recommendations for use of Hopi-ear Candles:

Treatment should not take place until at least six months after the removal (or falling out) of grommets as there is a slight perforation to the eardrum which can be further damaged by the vacuum effect of the candles and there is an increased risk of infection.

Perforated Ear Drum

A perforated eardrum is a hole or tear that has developed in the eardrum. It can affect hearing. However, the extent of hearing loss can vary greatly. For example, tiny perforations may only cause minimal loss of hearing. Larger perforations may affect hearing more severely.

Also, with a perforation, you are at greater risk of developing an ear infection. This is because the eardrum acts as a barrier to bacteria and other germs, which may get into the middle ear.



Picture of a perforated ear drum

Recommendations for use of Hopi-ear Candles:

Candles should not be used if the client has had a perforated eardrum within a year. It is advisable to wait for at least 12 months after diagnosis of a perforated eardrum.

Rhinitis

Rhinitis means inflammation of the nose. The most common causes of rhinitis are a cold or hay fever.

Symptoms

Itchy throat & nose

Loss of smell

Face pain

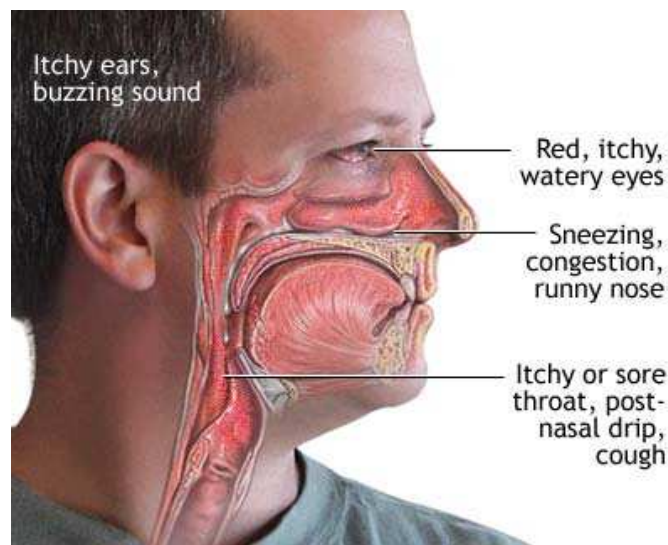
Headache

Itchy and watery red eyes.

Sneezing

Blocked or congested nose

Watery discharge ('runny nose').



Picture of rhinitis

Recommendations for use of Hopi-ear Candles:

There are no known contraindications for the treatment of rhinitis; monthly treatment may help to reduce severity of symptoms.

Tinnitus

Tinnitus is the perception of noise in the ear or head, which is generated inside the body rather than coming from outside. Tinnitus is usually only heard by the person with the condition, but in a very few rare cases it can also be heard by

other people. Temporary tinnitus is common if you have a cold, after exposure to loud noise such as at a music concert, or following a blow to the head. About 1 in 100 people experience serious problems with long-term, established tinnitus.

Symptoms:

Ringing, whistling, buzzing, whooshing sensations in the ears.



Causes:

- Excessive wax in the ear causing it to become blocked.
- Middle ear infection or glue ear.
- Otosclerosis (stiffening of the tiny bones which transmit sound from the eardrum to the sound-detecting organ, the cochlea).
- Ménière's disease (a condition causing problems with balance).
- Anaemia (in which the thinner blood circulates so rapidly it produces sound).
- Pierced eardrum.

Tinnitus may also develop as a result of:

- exposure to sudden or very loud noise (e.g. gunfire, explosion),
- A head injury.
- The presence of an acoustic neuroma (a rare, benign growth that affects the 'hearing' nerve in the inner ear).
- Impacted wisdom teeth (when wisdom teeth haven't completely moved into the normal position).
- adverse reactions to certain drugs such as antibiotics, diuretics and aspirin, (this is more likely when the dosage is exceeded), and also allergic reactions.
- Solvent, alcohol and other drug abuse.
- High blood pressure and narrowing of the arteries (atherosclerosis).
- Overactive thyroid gland.

Recommendations for use of Hopi-ear Candles:

Hopi ear candle treatment can help to reduce the symptoms of Tinnitus by aiding relaxation, however there is no known cure for Tinnitus and whilst some sufferers may find Hopi beneficial, others may not.

Diagram of the sinuses

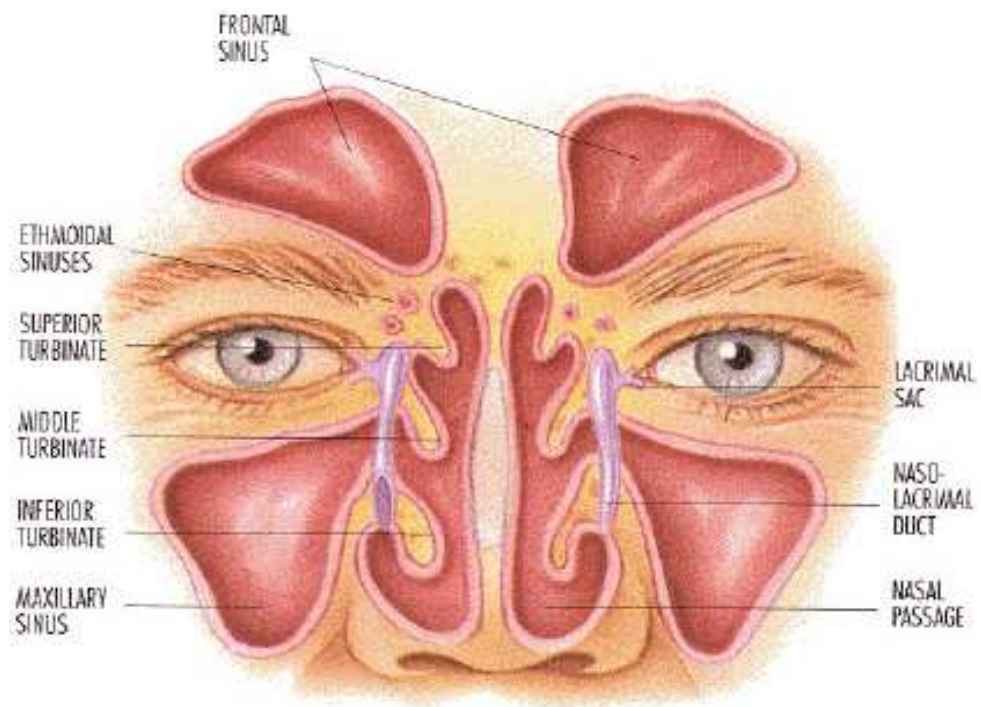


Diagram of the Ear

