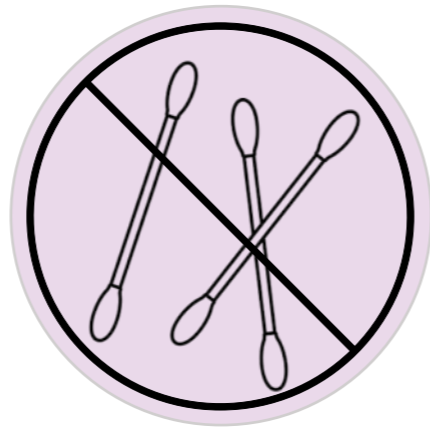


# Caring for Our Ears



## Ear Hygiene

- Avoid using cotton buds to clean your ears as that may push residual ear wax deeper in or injure your ear canal or ear drum
- If you have excessive ear wax or experience regular blockage, approach your GP or ENT doctor for cleaning and advice



## Protection from Noise

- Repeated exposure to loud sounds ( $\geq 85$  dBA) can cause noise-induced hearing loss (NIHL)
- Most NIHL is irreversible but preventable
- Limit your exposure to unnecessary noise and use hearing protection (e.g. ear plugs or safety earmuffs)



## Ageing Ears

- Presbycusis, also known as age-related hearing loss, affects almost everyone
- Proper usage of hearing aids can help to improve communication and quality of life



## Protection from Water

- Some ear problems require keeping your ears dry (e.g. perforated ear drum, previous ear surgery)
- Use waterproof ear protection or swim plugs while bathing or engaging in water activities



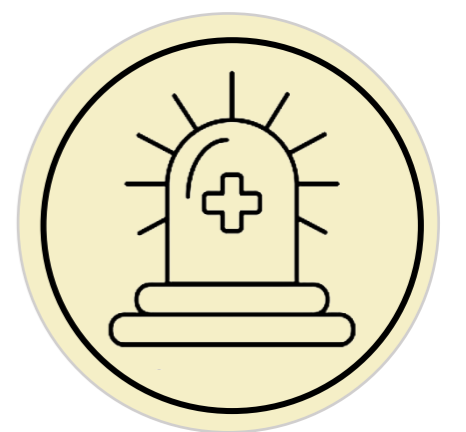
## Ototoxic Medications

- Some medications are ototoxic (poisonous to the inner ear) which can cause permanent damage to sensory cells involved in the hearing and balance systems
- Patients may require periodic hearing and balance tests as part of their monitoring process during the course of treatment



## Sudden Hearing Loss

- A medical emergency that requires urgent treatment
- Look out for symptoms such as dizziness, tinnitus, and a feeling of fullness in the ear
- The chances of recovery increases if treatment starts within 48 hours



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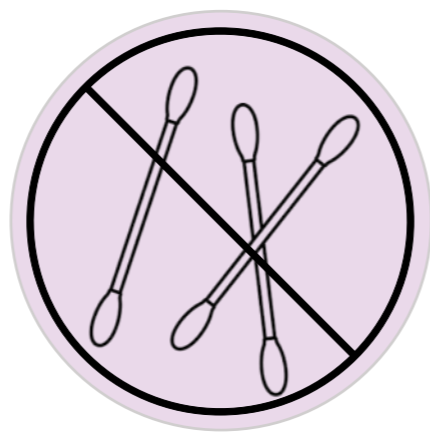


# 耳朵的保健



## 耳朵卫生

- 避免使用棉花棒挖耳朵因为这可能会把耳垢推入更深或伤害到耳道或耳膜
- 如果您的耳垢过多或经常堵塞，可以让家庭医生或耳鼻喉专科医生进行定期清理并听从他们的建议



## 噪音防护

- 持续暴露于高分贝的声音 (85 分贝或以上) 有可能造成噪音性失聪
- 大多数的噪音性失聪是无法逆转但却可以预防的
- 限制噪音的暴露和使用适当的耳塞或耳罩



## 老年性失聪

- 几乎大部分的人都会因年龄增长而逐渐失去听力
- 配戴合适的助听器将有助于提升沟通能力和生活质量



## 防水与防护

- 有些耳部疾病需要保持耳朵干燥 (例如鼓膜穿孔，动过耳部手术)
- 在洗澡或进行与水有关的活动前，请使用防水耳塞或定制式游泳耳塞



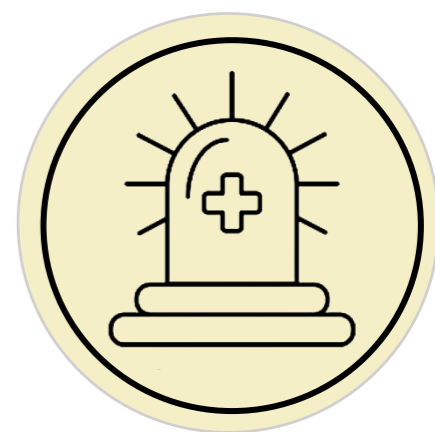
## 耳毒性药物

- 有些药物具有耳毒性 (对内耳有害)，并对听力和平衡系统造成永久性的损害
- 服用耳毒性药物的治疗过程中，可能需要定期进行听力和平衡测试来监控变化



## 突发性听力失聪

- 一种需要紧急治疗的医疗情况
- 注意是否伴随有头晕，耳鸣，耳内胀满感等症状
- 如果在 48 小时内开始治疗，康复的机会较高



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