

CAN YOU EAR ME NOW?

Adult Ear Pain Should **NEVER** Be Ignored

The most common reasons for the pains are **INNER EAR** or **SINUS INFECTIONS**, **WAX BUILD-UP** and **"SWIMMER'S EAR"**.

SYMPTOMS, LENGTH OF DISCOMFORT MAY SIGNAL SERIOUS ISSUES.

Those who find themselves plagued by ear pain can try some of the following:

EAR PAIN can manifest itself in different ways and, in some cases, deceive the person who is experiencing it. The most common symptoms of ear pain are **PRESSURE** or a **THROBBING SENSATION** in the area of the ear. However, **TOOTH PAIN** or even **HEADACHES** can originate from the ear.



EVALUATE THE SYMPTOMS

Ear pain that also includes symptoms such as a **fever**, **coughing** and **sinus pressure** should always be **evaluated by a physician**.



CONSIDER SURROUNDING EVENTS

Experiencing ear pain after swimming could signal **"swimmer's ear,"** which can be remedied with the use of over-the-counter medication.



TOO MUCH WAX

Over-the-counter **emulsifying drops**, **baby oil**, **mineral oil** or **hydrogen peroxide** can be placed inside the ear to help loosen wax. Standing in a **warm shower** and allowing the water to **run outside the ear** can also help.



APPROACH IT TENDERLY

Be careful not to harm the inside of the ear by the use of **Q-tips** or **other instruments**. Improper use of objects inside the ear can **impact ear wax** or even **pierce the ear drum**.



TREAT THE PAIN

Anti-inflammatories such as **ibuprofen** can not only **lessen the pain**, but also **cut down on any inflammation** that is taking place inside or around the ear.

For more information on ear pain or to find a Premier Physician Network provider near you, visit PremierPhysicianNet.com/familyhealth.

SOURCES: Katherine Schmidt, MD, Jamestown Family Medicine