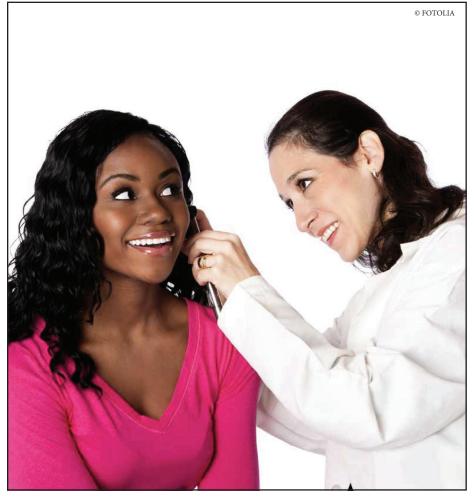
Listen Up for Healthy Ears

hildren laughing, birds chirping and music ringing from the radio. These are the ✓sweet sounds of healthy ears. It is crucial to ensure the ongoing health of the ears.

From otitis media (middle ear infection that causes hearing loss in children) to tinnitus (ringing in the ears caused by damage to the hearing nerve), many medical conditions can lead to irreversible hearing impairment or deafness.

If you suspect that you, a family member or friend have a problem with hearing, seek an immediate diagnosis from a physician. Prompt attention from a medical professional could lead American adults report or rather than surgery.

HEARING LOSS



to positive results from some degree of hearing what other people say. treatment or medication, loss, according to the Hearing Loss Association of America.

The third most com- know the warning signs is a simple yet highly see a specialist. mon physical condition of hearing loss, which critical aspect of overall after arthritis and heart can include difficulty health. The Cleveland ears, clean your earrings disease, hearing loss is hearing conversations, Clinic Foundation offers and earlobes regularly a major public health frequently asking others the following tips: issue. About 48 million to repeat their statements

EAR CLEANING TIPS

Clean your ears with

extra care by wiping the outer ear with a washcloth or tissue. Do not use bobby pins or sharp, pointed objects to clean your ears. These objects may injure the ear canal or eardrum.

- Earwax is the ear's mechanism self-cleaning, so let it do its work. If you have a buildup of wax that is blocking your hearing, see your doctor to have it removed.
- If you experience itching or pain in your misunderstanding ears, consult with your primary care physician to determine the issue and appropriate treatment. He or she will de-It also is important to Cleaning your ears termine if you need to
 - If you have pierced with rubbing alcohol.