

## Can I do anything to prevent middle ear problems ?

Middle ear problems are common in young children.

There are some things you can do to help your child's ears stay healthy :

- Breastfeed your child
- Practice good hand washing to stop germs from spreading
- Keep your child away from second-hand smoke

## Where to get help

Abbotsford Public Health Hearing Clinic  
34194 Marshall Road, Abbotsford  
Tel: 604-864-3434

Abbotsford Regional Hospital, Audiology  
32900 Marshall Road, Abbotsford  
Tel: 604-854-2117

Burnaby Public Health Hearing Clinic  
105-4946 Canada Way, Burnaby  
Tel: 918-7663

Chilliwack Public Health Hearing Clinic  
45470 Menholm Road, Chilliwack  
Tel: 604-702-4945

Cloverdale Public Health Hearing Clinic  
103A 17790 56<sup>th</sup> Avenue, Cloverdale  
Tel: 604-575-6381

Guildford Public Health Hearing Clinic  
100-10233 153<sup>rd</sup> Street, Surrey  
Tel: 604-587-4751

Langley Public Health Hearing Clinic  
20389 Fraser Highway, Langley  
Tel: 539-2904

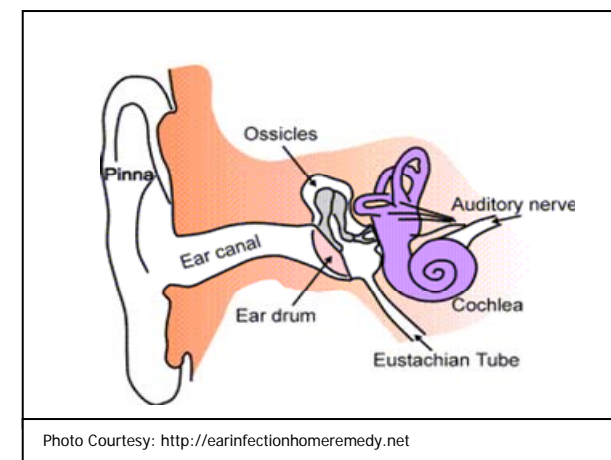
Maple Ridge Public Health Hearing Clinic  
400-22470 Dewdney Trunk Rd, Maple Ridge  
Tel: 604-476-7070

New Westminster Public Health Hearing Clinic  
80A-6<sup>th</sup> Street, New Westminster  
Tel: 604-777-6855

North Delta Public Health Hearing Clinic  
3<sup>rd</sup> Floor, 11245 84<sup>th</sup> Avenue, North Delta  
Tel: 604-507-5442

Surrey Memorial Hospital, Audiology  
13750-96<sup>th</sup> Avenue, Surrey  
Tel: 604-585-5674

## Middle Ear Problems



## Audiology



## **What do I need to know about middle ear problems ?**

The middle ear is part of the ear you cannot see. It is inside your child's ear. If children have middle ear problems that last for a long time, it may affect the way they hear. It may affect the way they learn to speak.

## **What are some middle ear problems ?**

- Middle ear fluid
- Middle ear infection
- Blocked Eustachian Tubes (the tube that connects the middle ear and the back of the nose)
- Hole in the eardrum

## **My child has middle ear fluid. Does this mean he has an ear infection?**

Not necessarily. Your child can have middle ear fluid without having an ear infection. An ear infection happens when the fluid contains bacteria.

## **What are some signs of ear infection?**

- Pulling on the ear
- Pain in the ear
- Not sleeping well
- Not eating well
- Fever or colds
- Problems with hearing

## **How can I tell if my child has trouble hearing?**

You may notice that your child:

- May not pay attention to what you say
- May ask you to repeat things you say
- May turn the sound up on the TV
- May speak loudly
- May not speak clearly.

## **What should I do?**

Contact your doctor. Your doctor may send your child to an Ear, Nose and Throat (ENT) specialist to be checked and/or to an audiologist for a hearing test.