



Otitis Media (OM):

Otitis Media is often caused by a middle ear bacterial or viral infection, filling the mastoid space behind the eardrum with fluid.

It is usually common in children, due to several causes, including:

- The eustachian tube (a tube that runs from the middle of the ear to the back of the throat) is short, carrying viruses and bacteria through the nose or pharynx to middle ear, which causes otitis.
- Compared to adults, children are immunodeficient; making them more vulnerable to infectious diseases.

Symptoms in Children:

- Ear pain, mainly when lying down.
- Sleeping difficulty.
- Crying more than usual.
- No response to sounds.
- Imbalance.
- High temperature (38°+)
- Ear effusions.
- Appetite loss.

Symptoms in adults:

- Ear pain.
- Sleeping difficulty.
- Ear effusions.
- Hearing loss.

When you should visit the doctor:

- If symptoms persist for more than 24 hours.
- If you have acute ear pains.
- If fluids drain out of the ear.
- If an infant below 6 months have these symptoms.
- If an infant cannot sleep due to cold or other viral respiratory infections.



Treatment:

- If the infection is simple or viral, monitor the child.
- If otitis is recurrent, joined with acute symptoms, patient needs treatment with oral or injected antibiotics in case of bacterial infection. Make sure your child takes them daily throughout the treatment time, even if his/her case improves.
- If it is due to allergy, antihistamine or decongestant ear drops may help clear the symptoms.
- In acute non-responsive cases, doctor may have to use a special instrument to discharge the rapped fluid out of the ear.

