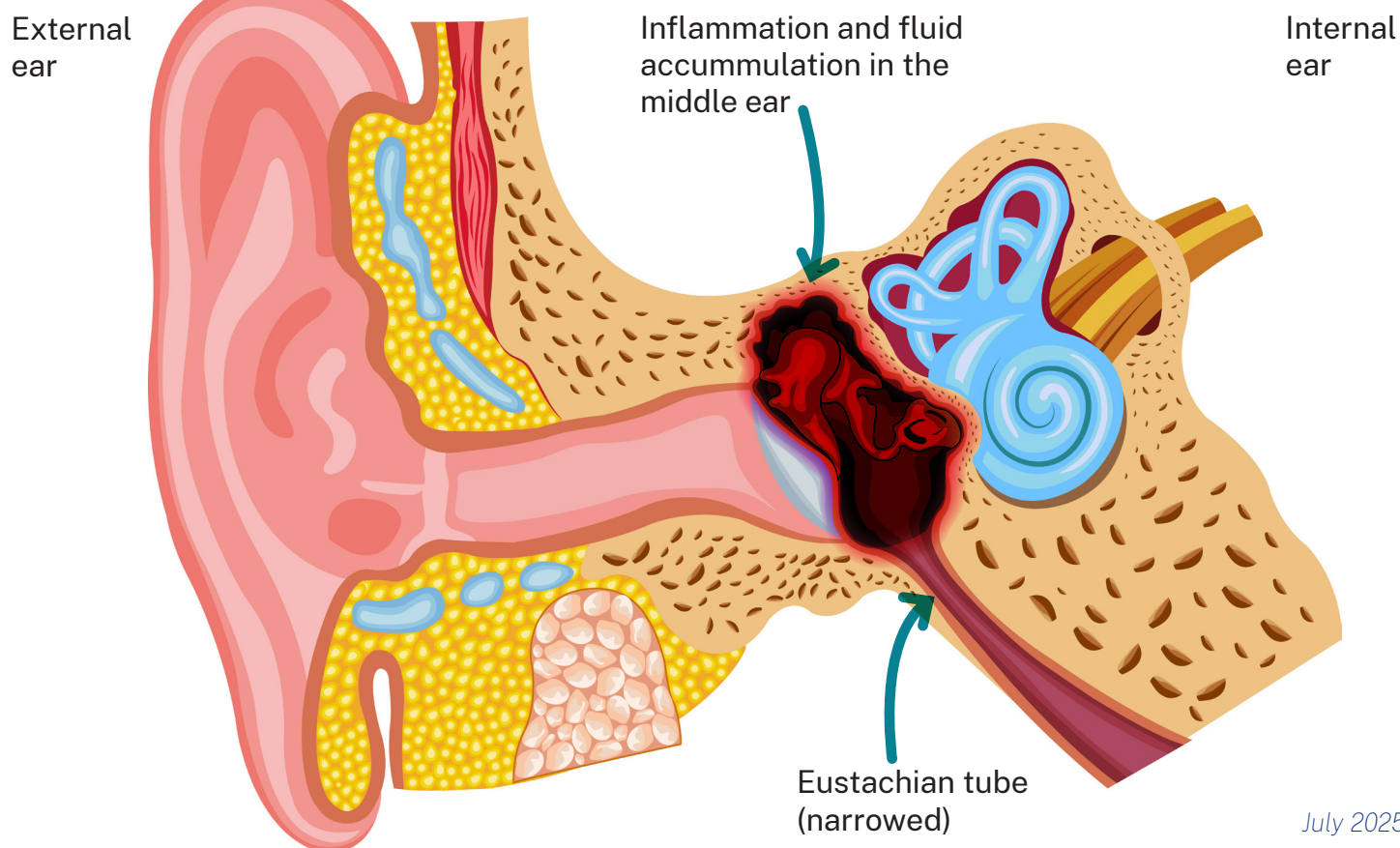


# Glue ear and temporary hearing loss

## (Childhood Fluctuating Conductive Hearing Loss)



### What is Childhood Fluctuating Conductive Hearing Loss?

- This means that a child has trouble with their hearing that comes and goes. 'Conductive' hearing loss means that sounds cannot get through the outer and middle ear.
- It is usually caused by ear infections that cause fluid to build up in the middle ear (glue ear). However, conductive hearing loss can also happen without an infection.
- This type of hearing loss may seem to get better at times and then happen again.

### What is glue ear?

- Glue ear is fluid build-up in the middle ear that eventually goes thick and glue like.
  - The middle ear is usually filled with air, which allows the ear drum to move and send sound waves to the inner ear.

- Air gets into the middle ear through the Eustachian tube which connects the middle ear to the back of the nose.
- If the Eustachian tube is blocked, this can lead to fluid build-up in the middle ear. This blocks sounds from getting through the ear properly.

### What causes glue ear?

Some of these things can lead to glue ear:

- colds or viruses
- allergies
- viruses
- enlarged adenoids
- middle ear infections
- laying baby down while feeding
- passive smoking
- air travel when you have a stuffy nose or cold.

**If kids hear better, they learn better.**

# Glue ear and temporary hearing loss

## (Childhood Fluctuating Conductive Hearing Loss)



### How can I tell if my child has glue ear?

Sometimes there are no obvious signs of glue ear. These are some of the things to look out for:

- upset by shouting voices / loud noise
- poor school performance
- watching others for cues
- behavioural problems
- can't remember instructions
- poor speech development
- disobedience
- daydreaming
- asks to turn sounds up
- asks you to repeat things.

If your child has a lot of ear infections or cannot hear well, take them for a hearing test and see your doctor.

You should also get your child's hearing checked after their glue ear gets better, to see if their hearing is back to normal.

### How is glue ear treated?

- Glue ear can go away without any treatment. So sometimes we 'watch and wait'. It can take up to 3 months for the fluid to clear.
- Encourage lots of nose blowing, drinking lots of water, and teaching your child to breathe through their nose.
- Antibiotics are usually only prescribed when there is an infection. Your doctor or Ear Nose and Throat specialist will investigate the cause of the fluid build-up. Sometimes, grommets (ventilation tubes) are necessary.

### How to get your child's hearing checked.

Early detection of glue ear is essential. Have your child's hearing tested by qualified Audiometry Nurses at your nearest Community Health Centre. If hearing problems are found, we may suggest you see your GP for a referral for an Ear Nose and Throat specialist.

**Contact your local Community Health Centre to book a hearing test**