



Management of Ear, Nose and Throat Diseases

Dilyana Vicheva*

Department of Otolaryngology, Medical University of Plovdiv, Plovdiv, Bulgaria

*Corresponding author: Dilyana V., Department of Otolaryngology, Medical University of Plovdiv, Plovdiv, Bulgaria, E-mail: Dilya_Vi02@gmail.com

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Introduction

Ear, nose, and throat dysfunction can have a significant impact on your quality of life and, in certain situations, can be a medical emergency. If you have chronic ear, nose, or throat difficulties, you should see your general care physician as well as an otolaryngologist. Ear, Nose, and Throat (ENT) diseases can have major effects, such as hearing loss and emotional stress, lowering patients' quality of life. Adults and children alike are affected by diseases of the Ear, Nose, and Throat (ENT), which can cause severe impairment in patients' daily lives. With the growing global population, infections are expected to remain the leading cause of disease, with upper respiratory infections causing hearing loss and learning disabilities, especially in children.

Like any other area of your body, your ears, nose, and throat can be affected by a variety of issues. These concerns can be harmful to your health, ranging from sleeping troubles to swallowing difficulties. Some problems are difficult to diagnose on your own, which is why an ENT doctor should be consulted. Ear infections develop when germs enter the ear and become trapped there, or when fluid or mucus builds up in the ear as a result of a previous infection or allergy, allowing viruses or bacteria to thrive. Bacteria and viruses that cause ear, nose, and throat infections are frequently the same. However, depending on where the infection is located, the symptoms may vary:

Ear infections can result in earaches, wax or discharge, hearing loss, and balance issues, among other things. A runny or blocked nose, as well as sneezing, is common symptoms of nose infections. Infections that spread to the sinuses can cause a variety of symptoms, including headaches. A sore or scratchy throat, as well as pain or trouble swallowing, are all symptoms of a throat infection. Swollen glands in your neck may also be noticeable. Symptoms of ear, nose, and throat infections are often moderate, and they should improve within a few days. The infection may take a few weeks to entirely cure out, but you should gradually begin to feel better.

Symptoms are usually manageable at home. Any pain can be relieved by using an over-the-counter pain reliever such as paracetamol or ibuprofen. It may also help to lower your temperature if you have one by reducing the inflammation that is generating many of your symptoms. You can also try these additional simple solutions to deal with the symptoms of ear, nose, and throat infections:

- Ear soreness might be relieved by pressing a warm compress on your ear.
- A blocked or runny nose may benefit from nasal sprays and decongestants.
- Soothe a sore throat with a warm drink laced with honey.

If you have an infection and need to go out in the cold, a hat and scarf can assist. Cover your ears or nose if they're infected, and wrap your throat to keep it warm.

Although ear, nose, and throat infections are normally not a cause for concern, you should see a doctor if your symptoms are severe, last longer than expected, or you keep getting the same infection.

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