

Healthy Habits

Tips for reaching and maintaining your optimum state of health

Kids ENT Awareness Month is here!

We are accustomed to seeing commercials regularly touting the latest adult allergy and sinus treatments. However, many of us fail to realize that children who suffer from ailments of the ears, nose and throat may have just as difficult a battle to wage as we do...maybe even more so.

It all starts with Awareness

February is Kids Ear, Nose and Throat (ENT) month, a time to put the word out regarding ENT health for children while making parents and caregivers aware of the seriousness of the issue. Over the counter medicines or home remedies can aid in a speedy recovery for many cases of the sniffles, but failure to recognize the difference between a common cold and an underlying issue such as allergies or sleep apnea, could leave a child susceptible to stunted growth, Attention Deficit Disorder (ADD); even death.

Need to know information

Pediatric obstructive sleep apnea is typified by snoring that is loud, present nightly regardless of sleep position, and is interrupted by complete obstruction of breathing with gasping and snorting noises. Untreated, it may lead to bed-wetting, sleep deprivation (especially harmful for young students), and may contribute to the development of Attention Deficit Disorders. Also, because growth hormone is secreted at night, interruptions in the sleep cycle may disrupt hormone production causing stunted or slowed growth and development.



Find out more information about Kids ENT health on the web at www.optimahealth.com or at www.entnet.org/kidsent.

Sinusitis is marked by a “cold” lasting more than 10 to 14 days, sometimes with a low-grade fever. Yellow-green nasal drainage and post-nasal drip, sometimes leading to or exhibited as sore throat, cough, bad breath, nausea, and/or vomiting are also common. Sinusitis can be classified as Acute or Chronic. Antibiotics may be sufficient to rid a child of an acute infection within a few days. If your child exhibits chronic (lasting more than 12 weeks) sinusitis, an ENT specialist may recommend surgery.

Read the Signs

Learning the difference between your child’s short-term illnesses and its more serious counterparts is important to manage their health effectively. A parent or care-giver with knowledge of children’s health issues can help cut down on their child’s sick time and make sure appropriate treatments are administered as soon as possible. Remember that healthcare professionals are there for you and your child and need to be involved in your child’s care.

The material contained in Healthy Habits is not intended to be medical advice on any particular matter. Readers should seek appropriate professional advice before acting on the basis of any information contained in this publication. This information is provided courtesy of Optima Health.