

Otitis Serous

What is it?

- **Otitis Serous** – is usually the result of the Eustachian tube from an upper respiratory infection or an attack of nasal allergy; a collection of fluid in the middle ear; fluid accumulation behind the eardrum;
 - **Acute**- is usually the result of blockage of the Eustachian tube from an upper respiratory infection or an attack of nasal allergy; if bacteria this fluid may become infected leading to an infected or abscessed middle ear; without infection the fluid remains until the tube begins to function normally, at which time the fluid is absorbed and drains down the tube into the throat
 - **Chronic**- may result from a long standing tube blockage or from thickening of the fluids so the fluids cannot be absorbed or drained down the tube, usually there is hearing impairment, ear pain or middle ear damage



Facts:

- **Caused by**- any conditions that interferes with the periodic opening and closing of the eustachian tube; may be from birth/congenital, due to an allergy or infection or blockage of the tube by the adenoids, a previous ear infection; some children may develop as a result of GERD/gastroesophageal reflux disease or a blocked eustarchian tube
- **More Common**- in very young children due to the size and shape of the eustachian tube; some children inherit small eustachian tubes from their parents
- **Eustachian Tube**- is about 1 ½ inches long channel, narrow, and connects the middle ear with the nasopharynx, the upper throat just above the palate, in back of the nose; functions as a pressure equalizing valve for the middle ear which is normally filled with air; opens about every 3 minutes in response to yawning or swallowing

What can I do?

- **See your Health Care Provider**- for more information; look at the color and appearance of the eardrum and by squeezing air into the ear to see if the eardrum moves; often resolves on its own after weeks or months