

# ENT (Ear, Nose & Throat Care)

The Ear, Nose, and Throat (ENT) region plays a vital role in our daily life – from breathing and speaking to hearing and smelling. Often, people neglect early warning signs, thinking they're just seasonal or minor. However, untreated ENT issues can lead to serious health concerns.

## Common Symptoms You Shouldn't Ignore:

- Constant **ear pain, hearing loss, or ringing in ears**
- Recurrent **throat infections** or difficulty swallowing
- **Nasal blockage**, frequent colds, or sinus infections
- Persistent **snoring** or disturbed sleep
- Sudden **voice changes** or hoarseness

## Self-Care & Prevention Tips:

- Avoid loud noises & use **ear protection** in noisy environments
- Stay hydrated to keep your throat healthy
- Practice **good nasal hygiene** – saline rinses during allergy season
- Don't insert objects or cotton buds into your ear canal
- Quit smoking – it worsens throat & sinus conditions

## When to See a Doctor:

- Sudden or complete **hearing loss**
- Difficulty breathing due to nasal or throat blockage
- Painful or recurrent ear infections
- **Hoarseness lasting more than 2 weeks**

At **Life Care Institute of Head & Neck Sciences**, our ENT specialists use advanced diagnostic tools to treat ear, nose, and throat disorders, helping patients regain comfort and quality of life.