

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.