

## **Eustachian Tube Dysfunction**

The Eustachian tube connects the middle ear cavity to the back of the nose (nasopharynx). It functions to equalize pressure between the ear and nose. When the tube fails to open and close appropriately, it can lead to various symptoms and conditions. Common symptoms include increased ear pressure, decreased hearing, feeling of "fluid in the ears", ringing of the ears, and imbalance. Progression of Eustachian tube disease can lead to development of ear infections (otitis media) and hearing loss.

Common causes that lead to Eustachian tube dysfunction include allergies, airplane flights, recent upper respiratory infections, and scuba diving. In many cases, Eustachian tube dysfunction resolves without medical intervention. When it persists and becomes bothersome, medical evaluation is needed.

Symptoms related to Eustachian tube dysfunction can be quite bothersome. Medical treatment options are utilized based on severity of symptoms and include nasal steroids sprays or oral steroids. Surgical treatment is reserved when medical treatment is unsuccessful, and can be performed in clinic for most adults