



HEAD INJURY

Head has been hurt, wounded or injured

CAUSES

SKULL FRACTURE

A skull fracture is a break in the bone that protects the brain, usually a result of a hard blow to the head. There may be bleeding and leaking of clear fluid, not just from the injured area but also from the eyes and nose. Seek emergency help immediately.

Symptoms:

- Bleeding in the head, eyes or nose
- Pain or headache
- Discoloration around the eyes or ears
- Swelling
- Pupils of unequal size

DO:

- Apply ice to the injured area to reduce the swelling.
- Seek help immediately.

DON'T:

- Don't assume that a small bump on the head means a minor injury. Monitor symptoms for the next 24 to 72 hours after an injury.



The skull is the bone that protects the brain.

HEARING LOSS

Difficulty in hearing sounds in one or both ears

AGING

People who have reached the age of 60 or older may experience a gradual loss of hearing or a diminishing capacity to hear in one or both ears. Seek help to determine if the hearing loss will require hearing devices.

Symptoms:

- Difficulty in hearing sounds in one or both ears

DO:

- Seek help to determine if a hearing device is necessary for you.

DON'T:

- Don't be embarrassed to ask people to speak louder or more clearly. It is important that you keep track of how pronounced the hearing loss has become and how loudly people should speak in order for you to hear them.



HEARING LOSS

Difficulty in hearing sounds in one or both ears

CAUSES

EAR WAX

Earwax accumulating in the ear may eventually block parts of the ear canal and cause a gradual loss of hearing. The ears must be cleaned regularly in order to prevent this.

Symptoms:

- Difficulty in hearing sounds in one or both ears, gradual onset of hearing loss
- Feeling that the ears are blocked

DO:

- Clean the ears regularly and carefully, with an over-the-counter earwax removal kit.

DON'T:

- Don't use cotton buds to remove the earwax blockage, as these may only push the wax down further. Ask a doctor to do it.

NOISE

A slight difficulty in hearing sounds is normal after being exposed to extremely loud noises such as music in a concert, the hum of machinery, or an explosion. Normal hearing resumes eventually. However, prolonged exposure to loud noises may damage the nerves in the ear and result in permanent hearing loss.

Symptoms:

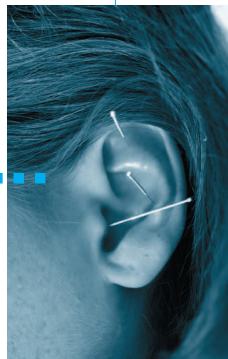
- Difficulty in hearing sounds in one or both ears

DO:

- Avoid further exposure to the loud noise. Normal hearing will resume eventually.

DON'T:

- Don't expose yourself to extremely loud sounds.



Do not insert long sharp objects inside your ear as this may push the earwax down further, or worse, damage your ear drums.