

# EARACHES

DON'T LET EAR PAIN GO UNTREATED

## Don't Let Ear Pain Go Untreated

An earache can stop you in your tracks—whether it's a dull ache, sharp pain, or constant pressure that just won't go away. For kids, it can mean sleepless nights and tears. For adults, it can make focusing at work or enjoying daily life nearly impossible. While it's tempting to "wait it out," ear pain is often your body's way of signaling that something is wrong. Left untreated, even a small problem can grow into something more serious, especially if an infection is involved.

Earaches don't just affect children—they're surprisingly common in adults too. Sinus pressure, seasonal allergies, jaw problems, or even dental issues can all cause ear pain. The good news is that most causes of earaches are treatable, and the sooner you're seen, the faster you'll find relief and avoid complications.

## COMMON CAUSES OF EARACHES



- Ø Middle ear infections (often following a cold)
- Ø Swimmer's ear (infection of the outer ear canal)
- Ø Sinus infections or seasonal allergies
- Ø Earwax buildup
- Ø Jaw or dental issues that radiate pain to the ear

## When to Be Concerned

- Ø Persistent or severe ear pain that doesn't go away
- Ø Trouble hearing or ringing in the ears
- Ø Fever, swelling, or drainage from the ear
- Ø Children who are extra irritable or have trouble sleeping



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