

# HANDS & VOICES NEW MEXICO

July 2024

“What works for your child is what makes the choice right!”

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## Otitis Media vs. Otitis Externa

Summertime means swim time! What Is the difference between Internal and external ear Infections?

Otitis media Is an ear Infection that occurs behind the eardrum, or Inside the ear. There Is often Inflammation (redness or swelling) and a build-up of fluid behind the eardrum. Otitis media Is most common In young children. Otitis media Is often caused by a cold, flu or allergies. If this fluid becomes infected with bacteria, a medical provider may prescribe oral antibiotics to help resolve the Issue. If the fluid persists, or If a child Is diagnosed with four ear Infections within a year, your child’s doctor may recommend PE tubes to provide the fluid space to drain.

Otitis externa Is also known as Swimmer’s Ear. This Is an Inflammation, Irritation, or Infection of the external ear canal. Swimmer’s ear Is caused by fungi or bacteria. Otitis externa Is caused by several different factors. It is caused by repeated cleaning of the ear canal (like washing your ears with hydrogen peroxide or repeatedly swimming in pools with high chlorine levels without a freshwater rinse soon after), swimming In contaminated bodies of water, moisture getting trapped in the ear canal and the area becoming humid, and bacteria getting Into areas of the ear canal with eczema or other forms of dermatitis. Swimmer’s ear Is often treated with antibiotic ear drops and often resolves within ~10 days.

So, what’s more common In the summer? Otitis externa! Individuals who wear ear molds with their hearing devices need to take special care of their ears. Putting your ear molds back In too soon after swimming can cause the perfect environment for bacterial growth. Make sure that your ears are nice and dry before putting hearing aids back In! 30 minutes Is a safe wait time. DO NOT use Q-tips to dry your ears! If your ears do not feel dry, or If you need to wear your hearing aids before 30 minutes have passed, you can safely dry your ear with a hair blow-dryer. Put the blow-dryer at the lowest setting and hold It one foot away from your ear.

If you believe that your child has either otitis media or otitis externa, seek medical Intervention, especially If they are experiencing a fever.

Happy swimming!

# Quarter at a Glance

In May we partnered with Presbyterian Community Health for a Family Tasting Class and hosted a family event for families living in NE Albuquerque.

On June 22nd HVNM's board gathered on Zoom to plan out our next year's events! Stay tuned!



## Upcoming Events

### Local Events

8/11/24 & 8/18/24- NVNM Back to School Event at North Domingo Baca Park

9/7/24- Presbyterian Ear Institute's annual Wine, Women, and Shoes Gala

9/23/24- ASL classes start through NMSD

### National Events

7/25/24- FL3: The Family Support Activities Guide

9/3/24- Latino Council: Creating a Future In Systems Change

9/20-22/24: Hands & Voices Annual Leadership Conference

For the most up-to-date information, follow us on social media!

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