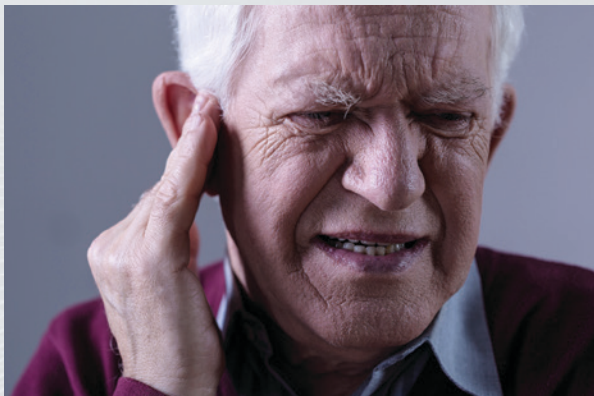


## WHAT ARE THE CAUSES OF EUSTACHIAN TUBE DYSFUNCTION?

When the lining of the Eustachian tube becomes swollen, this inflammation can narrow or block the tube, resulting in ETD or dysfunction of the tube.

### Causes of ETD include:

- Onset of an infectious or inflammatory condition such as an upper respiratory tract infection.<sup>1</sup>
- Allergic rhinitis or rhinosinusitis, leading to difficulties in pressure equalization, discomfort and other symptoms.<sup>1</sup>
- Deviated nasal septum.<sup>1</sup>
- Dysfunction or failure of the muscles associated with Eustachian tube opening.<sup>1</sup>
- Other potential risk factors include tobacco smoke, reflux and radiation exposure.<sup>1</sup>




For more helpful information online, visit  
[EustachianTubeAnswers.com](https://www.EustachianTubeAnswers.com)

### References:


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## WHAT IS EUSTACHIAN TUBE DYSFUNCTION (ETD)?

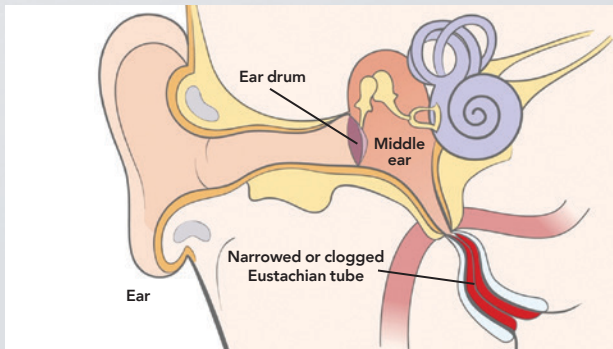
ETD is the failure of the valve of the Eustachian tube, the narrow canal that leads to the middle ear, to open and/or close properly.<sup>1</sup> This can cause pain, pressure and other symptoms.

ETD may not only cause discomfort and limit your hearing. It can also keep you from enjoying your life to its fullest.

## THE EUSTACHIAN TUBE: AN INSIDE LOOK

This small but important part of the ear has three principal functions:

- To protect the middle ear from bacteria and viruses that can cause disease.
- To help keep the air pressure equal on either side of the eardrum, enabling it to work properly.
- To help drain and clear secretions from the middle ear.



## SIGNS AND SYMPTOMS

While symptoms of ETD can be mild and may resolve after a few days, pain or discomfort in your ear can be a sign of Eustachian tube dysfunction. Common symptoms associated with persistent ETD (for more than 12 weeks) include<sup>2</sup>:

- Muffled hearing
- Fullness of the ear
- Pain in the ear
- Inability to equilibrate middle ear (ME) pressure
- Tinnitus
- Dizziness



## TREATMENT OPTIONS



**For persistent symptoms,** medical management may include decongestants, oral medications, nasal spray preparations, antihistamines or antibiotics (for treatment of rhinosinusitis).<sup>1</sup>



**Surgical procedure** may include ear tubes inserted through the eardrum that permit air to enter the middle ear. In this hospital procedure, the ear drum is cut or perforated, and tubes may need to be replaced several times.<sup>1</sup>



**Eustachian tube balloon dilation**—a minimally invasive procedure that inserts and inflates a small balloon in the Eustachian tube to open a narrow or clogged tube.

- Nonsurgical outpatient procedure; no cuts or incisions required.
- Preserves natural anatomy.
- Short recovery time.

Reports indicate a positive success rate in reaching and opening the Eustachian tubes during the procedure. In addition, more patients regained normal ear function and reported higher Improvement in Quality of Life Scores compared to medical management alone.<sup>3</sup>