

Get Back in the Swim of Things: The Essential Guide to Treating Swimmer's Ear by Dr. Marilyn Glenville, Ph.D.

Swimmer's ear, a common and painful infection of the outer ear, can put a damper on your summer fun. But with the right treatment, you can get back in the water and enjoy swimming again.



Treatment of Swimmer by Dr Marilyn Glenville PhD

★★★★☆ 4.5 out of 5

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Dr. Marilyn Glenville, Ph.D., is a leading expert on swimmer's ear and has written the definitive guide to treating this condition. In her book, *Treatment of Swimmer's Ear*, Dr. Glenville provides step-by-step instructions on how to diagnose and treat swimmer's ear, as well as how to prevent it from recurring.

Dr. Glenville's book is a must-read for anyone who has ever suffered from swimmer's ear. It is also a valuable resource for parents, coaches, and other healthcare professionals who work with swimmers.

What is swimmer's ear?

Swimmer's ear is an infection of the outer ear canal. It is caused by bacteria that enter the ear canal and multiply. Swimmer's ear is most common in people who swim in pools or other bodies of water that are contaminated with bacteria.

Symptoms of swimmer's ear

The symptoms of swimmer's ear can include:

- Ear pain
- Itching
- Discharge from the ear
- Muffled hearing
- Swelling of the ear canal
- Fever
- Chills

If you have any of these symptoms, it is important to see a doctor right away.

Treatment of swimmer's ear

The treatment of swimmer's ear typically involves antibiotics. Antibiotics can be taken orally or applied directly to the ear canal. In some cases, surgery may be necessary to drain the ear canal or remove infected tissue.

Prevention of swimmer's ear

There are a number of things you can do to prevent swimmer's ear, including:

- Keep your ears dry. After swimming, use a towel to dry your ears thoroughly.
- Use earplugs. Earplugs can help to keep water out of your ears when you are swimming.
- Avoid swimming in contaminated water. If you are swimming in a pool, make sure that the pool is properly chlorinated.
- See a doctor right away if you have any symptoms of swimmer's ear.

By following these tips, you can help to prevent swimmer's ear and keep your ears healthy.

Free Download your copy of *Treatment of Swimmer's Ear* today!

Treatment of Swimmer's Ear is available now from all major booksellers.

Free Download your copy today and get back in the swim of things!



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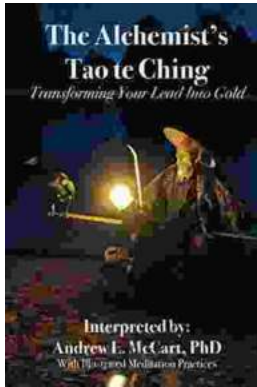
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