

Middle ear disease

(also known as otitis media)

What is middle ear disease?

Middle ear disease is caused by infection of the inner ear.

Like the common cold, middle ear disease can happen regularly for some children.

It is always recommended to seek help early if your child has problems with their ears.

How does it affect children?

Some signs of middle ear disease can include:

- Pulling at their ears or ear pain
- Liquid coming out of the ear
- Dizziness or clumsiness
- Difficulty hearing (asking you to repeat yourself)
- Poor concentration and behavioural problems

Who is at most risk?

Middle ear disease is a common health concern for children in their early years.

Aboriginal and Torres Strait Islander children experience some of the highest rates with middle ear disease. If untreated, this can lead to hearing loss.

Regular ear checks are important to identify any concerns.

Where can I get more information or support?

For more information contact your:

- Local Child & Family Health Nurse
- Doctor (GP) or Paediatrician
- Local Community Health Centre
- Local Aboriginal Health Centre

You can also access online information from Tharawal Aboriginal Corporation - www.tacams.com.au

Queensland Government, Children's Health Queensland Hospital and Health Service website, accessed 19 July 2022, www.childrens.health.qld.gov.au
Indigenous artwork kindly provided by Jakeob Watson (Proud Gomerol Man)



Important points to remember

- **You know your child best, if you think something is wrong, seek help**
- **Seeking help early is best but it is never too late to ask for help**
- **Take this handout to your Doctor to help discuss your concerns**
- **Remember you can get a second opinion if you feel your concerns are not being addressed**

This resource has been developed by the 'Stronger Seeds Taller Trees' project. General Practitioners can access further information about this initiative by visiting the South Western Sydney Primary Health Network (PHN) online GP Newsletter.
[South Western Sydney Primary Health Network](http://SouthWesternSydneyPrimaryHealthNetwork.com.au)
swsphn.com.au



STRONGER SEEDS, TALLER TREES
Increasing early supports to improve child outcomes

Insert your contact details here