

Eustachian Tube Dysfunction Patient Questionnaire (ETDQ-7)¹

Next to each question, circle the number that best describes how you feel.

During the past month, how much of a problem was each of the following?

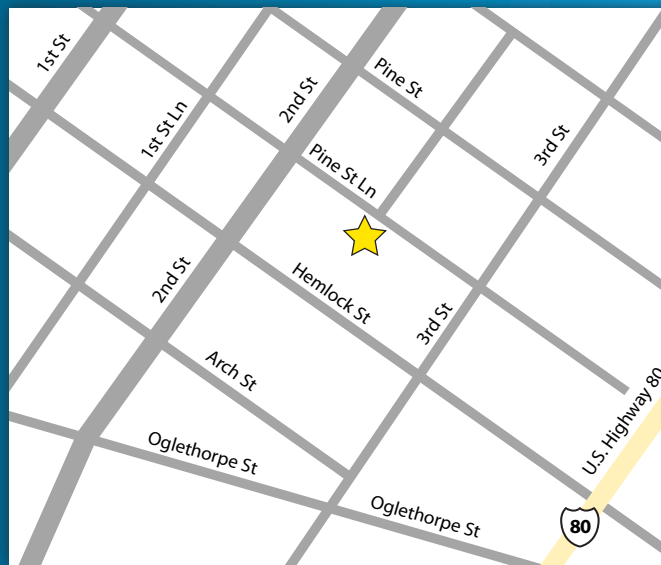
No problem Moderate Problem

- | | | | | | | | |
|--|---|---|---|---|----------------|---|---|
| 1. Pressure in the ears? | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 2. Pain in the ears? | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 3. A feeling that your ears are clogged or 'under water'? | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 4. Ear problem when you have a cold or sinusitis? | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 5. Crackling or popping sounds in the ears? | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 6. Ringing in the ears? | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 7. A feeling that your hearing is muffled? | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8. Do you get these symptoms in one ear only or both ears? | | | | | | | |
| | | | | | Left ear only | | |
| | | | | | Right ear only | | |
| | | | | | Both ears | | |

Total Score _____ = 7 = Mean item score _____

**SHARE YOUR RESULTS
WITH YOUR PHYSICIAN.**

¹<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3612400/>

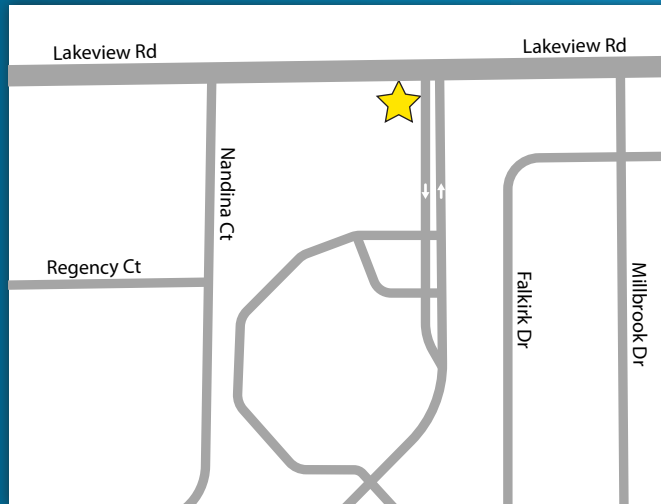


Macon Office

540 Hemlock Street
Macon, GA 31201

Phone: (478) 743-8953

Fax: (478) 743-1963



Warner Robins Office

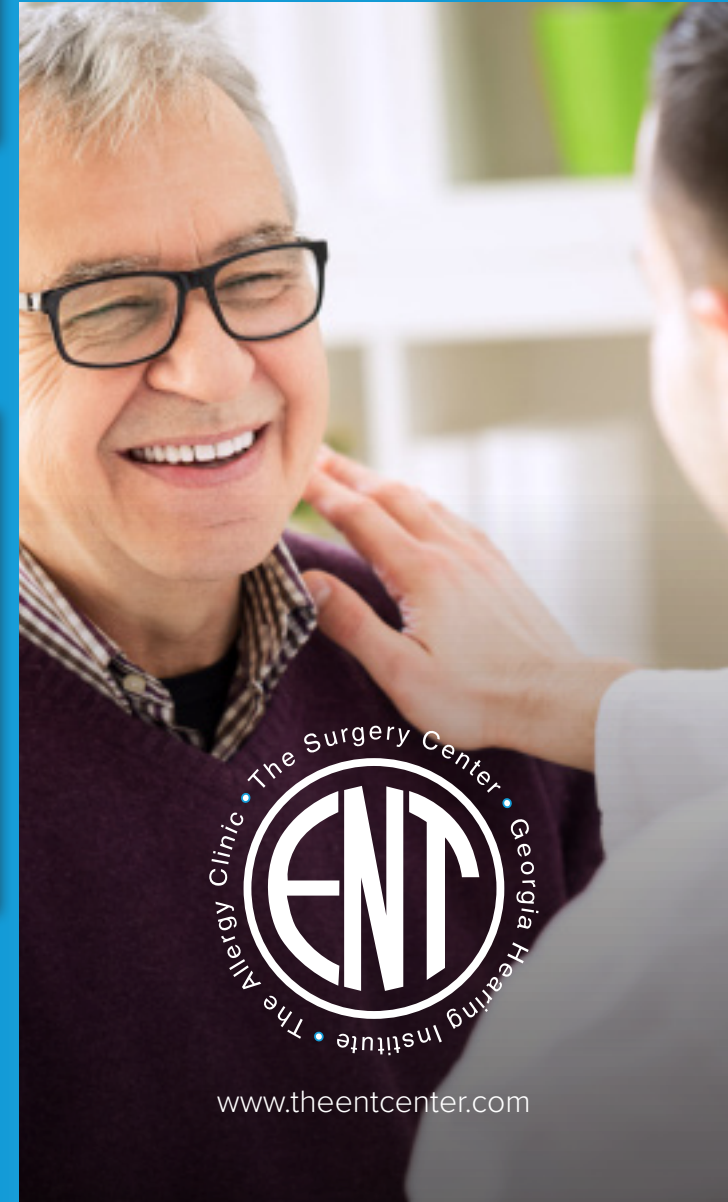
6084 Lakeview Road
Warner Robins, GA 31088

Phone: (478) 333-2235

Fax: (478) 333-2238

Eustachian Tube Dysfunction

Stop suffering from ear pain, fullness and popping.



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What is Eustachian tube dysfunction?

Eustachian tube dysfunction (ETD) is an affliction that can lead to chronic ear pressure and pain or discomfort with barometric changes.²

Typically, when we yawn, chew, sneeze or swallow, your Eustachian tubes—small passageways that run between your middle ear and upper throat—open to keep pressure and fluid from building up. If you experience a blocked Eustachian tube, also known as Eustachian tube dysfunction or ETD—your ears may feel full or painful, and your hearing may seem muffled.³

ETD Symptoms:

- Full or plugged feeling in your ears
- Muffled sounds
- A popping or clicking sensation
- Pain in one or both ears
- Ringing in your ears (called tinnitus)
- Trouble keeping your balance

Your symptoms may get worse when you are flying (because of altitude changes). Riding in elevators, driving through mountains or diving may also make your symptoms worse.

ETD is considered persistent when symptoms have continued more than 12-weeks despite medical management.²

²McCoul ED, Anand VK, Christos PJ. Validating the clinical assessment of eustachian tube dysfunction: The Eustachian Tube Dysfunction Questionnaire (ETDQ-7). *Laryngoscope*. 2012;122(5):1137–1141. doi:10.1002/lary.23223

³Seibert JW, Danner CJ. Eustachian tube function and the middle ear. *Otolaryngol Clin North Am*. 2006;39(6):1221–1235. doi:10.1016/j.otc.2006.08.011

How is it treated?

Your doctor may first recommend over-the-counter treatments, such as:

- Decongestants to reduce the swelling of the lining of the tubes
- Antihistamines and steroid nasal spray to reduce an allergic response

If a bacterial infection is present, your doctor may prescribe an antibiotic. People with more severe or chronic symptoms may need surgery, including:

- Fluid removal—After making a tiny incision in the eardrum, fluid is suctioned from the middle ear, giving the Eustachian tube lining time to shrink while the eardrum heals.
- Ear tubes—Implantation of small tubes in the eardrums allows built-up fluid to drain from the middle ear.

A safe, effective, new treatment option

Many current treatments for ETD are limited or invasive, but the new XprESS ENT dilation system is a safe, effective and less invasive alternative.¹

During this procedure, a small balloon is inserted through your nose and into your Eustachian tube. The balloon is inflated and, after treatment, removed.

Research shows that:¹

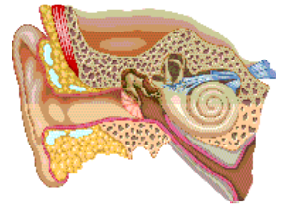
- Balloon dilation with the XprESS system is superior to continued medical management for improving symptoms of persistent ETD.
- Improvement in symptoms and middle ear assessments are durable.
- Balloon dilation is a safe, effective treatment for persistent ETD.

¹ <https://pubmed.ncbi.nlm.nih.gov/29912819/>

Step
1

ACCESS THE EUSTACHIAN TUBE

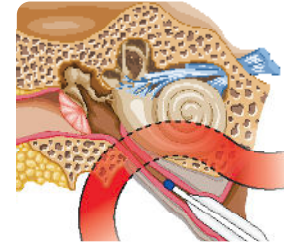
Your physician will advance a soft, flexible balloon through the nose. You may feel some pressure of the nose, teeth, cheeks and ears while later you may feel numbing of your nose and throat.



Step
2

OPEN THE EUSTACHIAN TUBE

Your physician will inflate the balloon to gently dilate the Eustachian tube openings. You may feel some mild discomfort or pressure during the inflation of the balloon.



Step
3

IMPROVED EUSTACHIAN TUBE

50-60% of patients with chronic eustachian tube dysfunction will experience improved function.