

TIPS ON TRIPS

Avoid Ear Problems When Flying

(NAPSA)—Many people have problems with their ears when flying, especially if they have to take a trip while suffering from a cold or allergies.



To make air travel more comfortable during the busy holiday season, ear specialists at the House Ear Institute suggest chewing gum or yawning vigorously during the descent to stimulate swallowing and equalize pressure in the middle ear.

Give babies a pacifier or bottle, and give children something to chew on before take off and landing to encourage swallowing.

If possible, avoid flying when you have an allergy attack, cold or sinus infection. The swelling in the mucus linings is aggravated by dramatic changes in cabin pressure, and you may experience extreme discomfort or pain. If these symptoms persist after your trip, consult an ear specialist as you may have an ear infection.

For more information, visit www.hei.org, call (213) 483-4431, or write HEI, 2100 West Third Street, Los Angeles, CA 90057.