

《警惕！清理耳屎可能会致你失聪》

导读:很多人认为，清理耳屎是一种健康的个人卫生方式。可是，近日美国的专家们表示，往耳朵里插入异物可能有损听力，甚至会导致失聪。



It's often considered to be a sign of good personal cleanliness.

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But manually removing earwax could actually damage a person's hearing, according to new guidelines by experts in the US.

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Researchers at the American Academy of Otolaryngology noted in their updated guidelines on Tuesday that inserting foreign instruments into the ear canal, such as cotton buds, can cause a variety of hearing issues and actually increase cerumen production.



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In addition, manually cleaning the ears also increases the chances of piercing the eardrum, dislocating delicate bones and causing infection.

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Dr Seth Schwartz, chair of the American Academy of Otolaryngology, said: "Patients often think that they are preventing earwax from building up by cleaning out their ears with cotton swabs, paper clips, or any number of things that people put in their ears.

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"The problem is that this effort to eliminate earwax is only creating further issues."

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"Anything that fits in the ear could cause serious harm to the ear drum and canal."

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He also asserted that, contrary to popular belief, the ear is self-cleaning.

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"Many people believe that earwax is an indication of uncleanliness. This misinformation leads to unsafe ear health habits."

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He added earwax or cerumen was a normal substance the body produces to clean, protect and 'oil' ears. It acts as a self-cleaning agent to keep ears healthy by trapping dirt, dust, and other small matter, keeping them from getting farther into the ear.

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