

# California Surfers Beware

## THE PROBLEM: EXOSTOSIS

The ocean water here in California is quite cold with all sorts of bacteria in it that doesn't belong in your ears! The cooling of the ear canal stimulates a progressive build-up of bone within the ear canal known as "exostosis" or "surfer's ear"! The exostosis, in an effort to protect the delicate ear canal and ear drum, eventually traps water, skin debris and wax in the canal leading to plugging, ear infections and hearing loss. **It is estimated that more than 70% of cold water surfers have the condition.**

## THE SOLUTION: PROTECT YOUR EARS

For the safety conscious surfer, earplugs are essential! Several different custom styles of swim plugs exist at a cost of \$155.00 a pair. They float, can be tethered together and will last for years! A thin neoprene or nylon hood will also protect your ear canals and keep them warmer too! Once the condition exists and progresses to a 75% or greater blockage of the ear canal, surgical removal of the Exostoses is usually advisable.



Please contact our office for more info:

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