

Ear disease 耳道疾病

is one of the most common reasons people bring their pet to see the vet.

Ear disease is painful for your pet, and if not treated properly can lead to ongoing problems. For that reason it needs to be treated seriously, and treated as early as possible.

耳道疾病是宠物主人带宠物到医院救治的常见原因之一。耳道疾病多数伴有持续性疼痛，如果不能及时有效的进行治疗，病情将会渐进性加重。

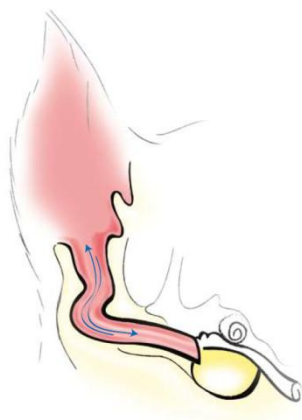
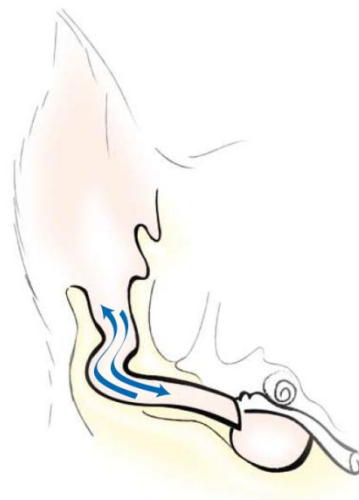
What is ear disease? 什么是耳道疾病？

Ear disease or ‘otitis externa’ means inflammation of the external ear canal. It can occur in cats and dogs of any age and has a number of causes.耳道疾病或外耳炎是指外耳道的炎性反应。任何年龄段的犬猫均可能发生。

It is important you regularly check your pet’s ears and watch out for the signs of ear disease so they can be treated before they get any worse.在耳道疾病变的严重之前的例行常规耳道检查、识别耳道疾病特征以及及时治疗非常重要。

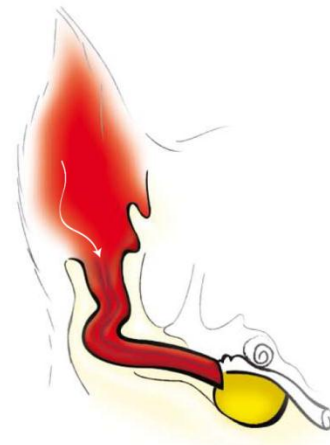
Unlike the human ear, your pet’s ear is deep and curved – this shape makes some pets prone to developing ear disease.不同于人的耳道，宠物耳道深而弯曲-这样的耳道结构使得宠物易患耳病。

Dirt and wax can easily accumulate and it is difficult for moisture to get out.污垢和耳蜡很容易在耳道堆积而不易清除。



于细菌和真菌的增殖而导致感染。

This is further complicated in dogs with pendulous ears that hang down (e.g. spaniels) as it is difficult for air to circulate. This hot and humid environment is ideal for the growth of bacteria and yeasts which cause infections.垂耳犬由于没有很好的耳道通风条件，高温潮湿的耳道环境更加有利于



Signs of ear disease 耳病症状

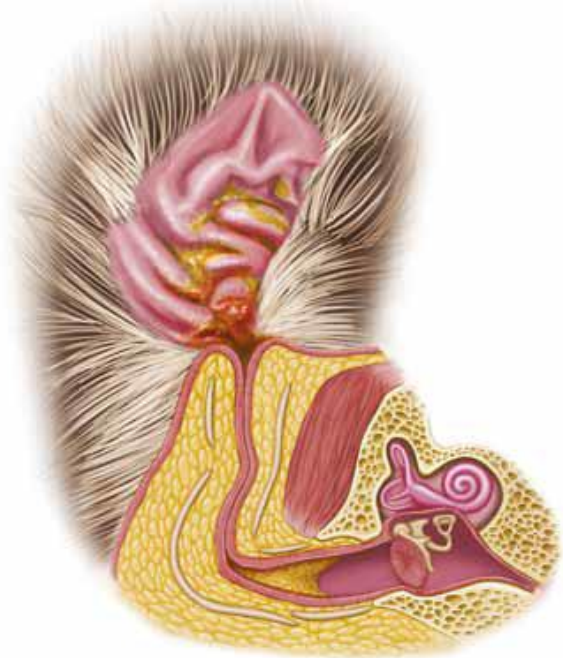


- Unpleasant smell – sometimes described as ‘yeasty’ 恶臭-有时被描述为“腐臭”
 - Excessive scratching and pawing of the ear and head – pets may also rub their head on the floor 过度抓挠耳部和头部-宠物有时会头蹭地面。
 - Sensitivity to touch – your pet may show a painful reaction when you touch the ear or surrounding area 触碰敏感-当触碰耳部及周围时表现疼痛反应。
 - Increased shaking of the head 频繁而剧烈地甩头
 - Tilting the head to one side 头斜向一侧
- Accumulation of dark brown wax 积聚棕褐色耳蜡
 - Discharge from the ear – this can be yellow-black in colour 黄黑色耳道分泌物
 - Bleeding or discharge resembling coffee grinds 血样或咖啡沫样分泌物
 - Redness or swelling of the ear flap or canal 耳廓或耳道红肿
 - Changes in behaviour including lethargy 行为改变，嗜睡
 - Loss of balance or hearing and disorientation 共济失调、失聪、定向障碍

If you notice any of these signs, please make an appointment with your vet as soon as possible. 如果发现这样的情况需要及时就医

All cases of ear disease should be treated quickly and effectively. Otherwise, the inflammation can lead to permanent changes such as thickening and distortion of the ear canal. 所有耳道疾病需要快速有效的治疗。否则炎症会导致耳道壁增厚和耳道弯曲等永久变形

This in turn makes it more likely your pet will have another bout of ear disease – starting the whole painful cycle all over again. 这会导致宠物进入下一个疼痛恶性循环圈。



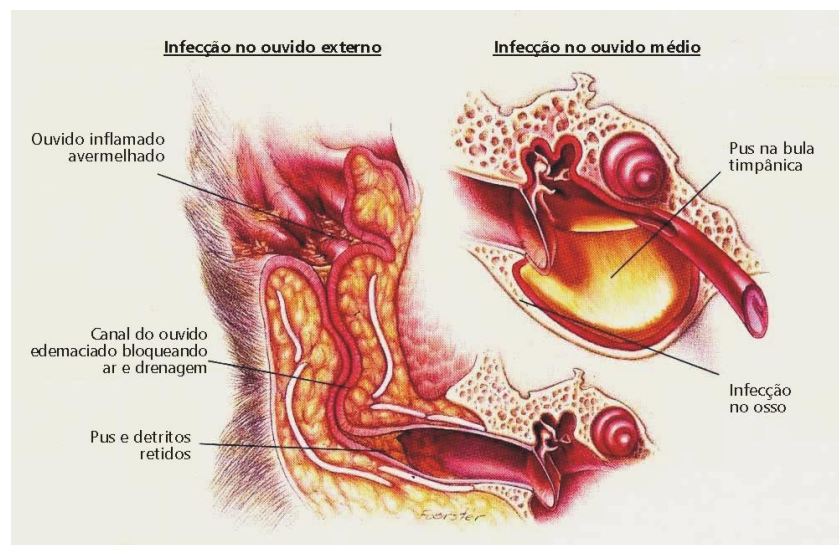
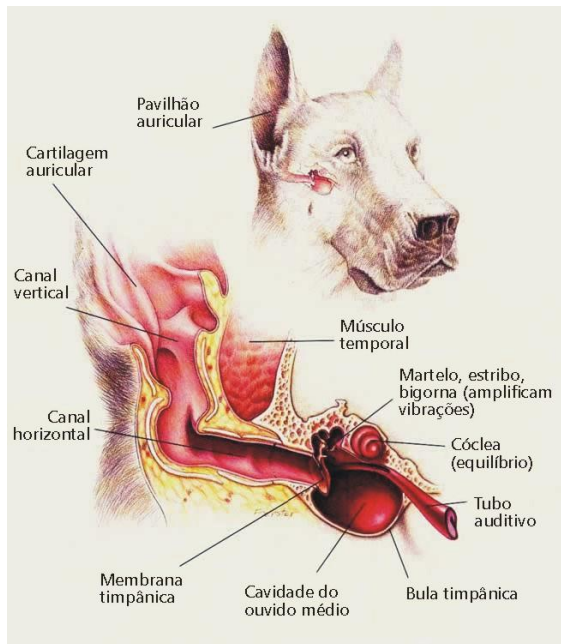
What causes ear disease? 耳道疾病原因

Ear disease is usually caused by a combination of factors, which create conditions more favourable for the growth of bacteria and yeasts. Anything which impedes removal of wax and debris, reduces air circulation and keeps the ear canal warm and humid will encourage growth of these organisms. In most cases of ear disease, both bacteria and yeasts are found. 耳道疾病往往是多因素导致细菌真菌大量增殖。任何阻碍耳蜡和污垢排出，减少空气流通和维持耳道高热潮湿的因素都将导致微生物增殖。多数病例都是细菌真菌混合感染。

Some dogs are more likely to develop ear disease than others. Factors such as having low-hanging ears (e.g. spaniel, retriever) and lifestyle factors such as frequent swimming all affect the chances of getting ear disease.

某些犬种发病率高于其他犬种。原因包括：垂耳、经常游泳。

Many pets with ear disease also suffer from skin allergies, also known as atopy. The most common areas affected are the ears and between the toes. Atopy is more often seen during the summer months but it can occur all year round. 一些发生耳道疾病的犬可能是由于皮肤过敏，如异位性皮炎。常见区域包括耳道和指间。异位性皮炎多发于夏季，但一年四季都有可能发生。



PRIMARY CAUSES 原发病因

Atopic dermatitis 异位皮炎(hypersensitivities) 过敏症
Ectoparasites – mainly mites; 外寄生虫- 螨虫为主
also ticks, fleas and biting flies 蜱、跳蚤、蝇
Foreign bodies 异物
Keratinization disorders – seborrhoea 角化异常-皮脂溢
Autoimmune diseases 自身免疫疾病

INFLAMMATION 发炎

Redness ↑红
Heat ↑热
Pain ↑痛
Swelling (+ Exudation = Moisture)肿胀
(+渗出 = 潮湿)
↑
(→ Loss of function = Deafness)
(功能丧失=失聪)

SECONDARY FACTORS 继发因素

Bacteria*细菌 Yeasts**真菌

PERPETUATING FACTORS 持续因素

Altered microflora* **菌群紊乱

Proliferative pathologic changes 增生性病变

Progressive changes → e.g. otitis media,
narrowed ear canal 渐进变化-中耳炎, 耳道狭窄

PREDISPOSING FACTORS 潜在因素

Physical characteristics of the ear and ear canal (e.g.
hair, narrow canal, pendulous ears, etc.) 耳及耳道结
构特征 (如毛发、耳道狭窄、垂耳)

Behavior of dog or owner (e.g. swimming, excessive
ear cleaning) 犬和宠物主习惯 (如游泳, 过度耳道清洗)

Immunosuppressive disease (primary/secondary)
免疫抑制 (原发、继发)

Environmental conditions (e.g. warm, humid)
环境因素 (温暖、潮湿)

Obstructive disease (tumors)
阻塞性疾病 (肿瘤)

Remember to tell your vet if you often see your pet licking or nibbling its feet. 如果发现宠物经常舔和啃咬脚部，一定要让兽医知道这种情况。

Foreign bodies in the ear, such as grass seeds, can cause trauma and encourage growth of bacteria and yeasts. 耳内异物，如草籽能导致损伤，增加细菌和真菌增殖。

The resulting inflammation and infection needs treatment as soon as the foreign body has been removed. 异物移除后一定要进行抗炎抗感染治疗。



How is ear disease treated? 耳道疾病如何治疗

Ear disease can be treated in a number of ways and your vet will recommend the best option for your pet. 耳道疾病治疗方法很多，兽医会给推荐一种最佳的方式。

Usually this includes an ear cleaner (such as Sancerum) as well as a topical medication (ear drops)

which you will need to apply at home. 耳道清理和局部用药同时进行，并且需要在家自己操作。

The ear cleaner helps to remove the wax and debris that create favourable conditions for infection, while the drops will tackle the infection itself. Prescription ear drops usually contain an antibiotic to treat bacteria, an antifungal to treat yeasts, plus an anti-inflammatory to make your pet feel more comfortable. 耳道清理是帮助清除耳蜡和污垢减少感染机会，洗耳液需要包含抗细菌和抗真菌成分，同时还要有抗炎成分让宠物感到舒服。

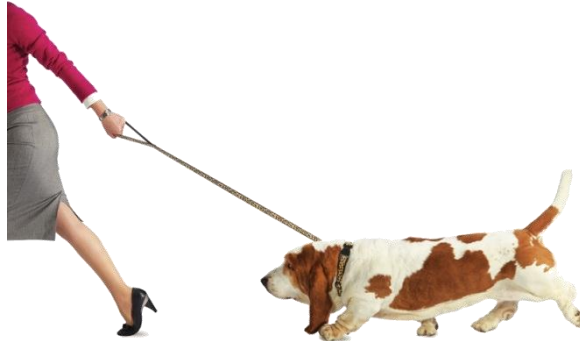
Some pets may also be prescribed tablets or given an injection. In some cases, the

problem may be so advanced that your pet may even need surgery. This is why it is so important to recognise and treat ear disease early. 一些宠物可能需要口服或注射药物治疗。有的甚至需要手术治疗，这就是为什么要尽早识别和治疗耳道疾病的原因。



Cleaning is an important part of treatment for ear disease 清理是耳道治疗最重要的部分

Cleaning can help during a bout of ear disease, as removing wax, debris and discharge helps the medicated drops reach the surface of the ear canal. It also reduces yeast and bacterial numbers and makes the environment of the ear less encouraging for growth of these organisms. 清理在耳病治疗期间能够帮助移除耳蜡、耳垢和分泌物以使药物能够直接接触到耳道表面。同时也能够减少细菌和真菌的数量、使耳道环境不利于微生物的繁殖。



Regular ear cleaning is often advised once a pet has had ear disease, as by removing wax and debris and drying the ear (cleaners such as Sancerum also contain drying agents), the conditions become less favourable to the growth of unwanted organisms. Some cleaners, e.g. Sancerum, have proven antimicrobial properties and can reduce the number of bacteria and yeasts in the ear, and help maintain a normal environment. 一旦宠物患有耳道疾病，定期耳道清理是必须的，移除耳蜡和耳垢，干燥耳道（Sancerum 含有干燥成分）使耳道内环境不适合微生物繁殖。一些洁耳液如 Sancerum 能提供抗菌特性并且能够减少耳道内细菌和真菌的数量，维持正常的耳道内环境。



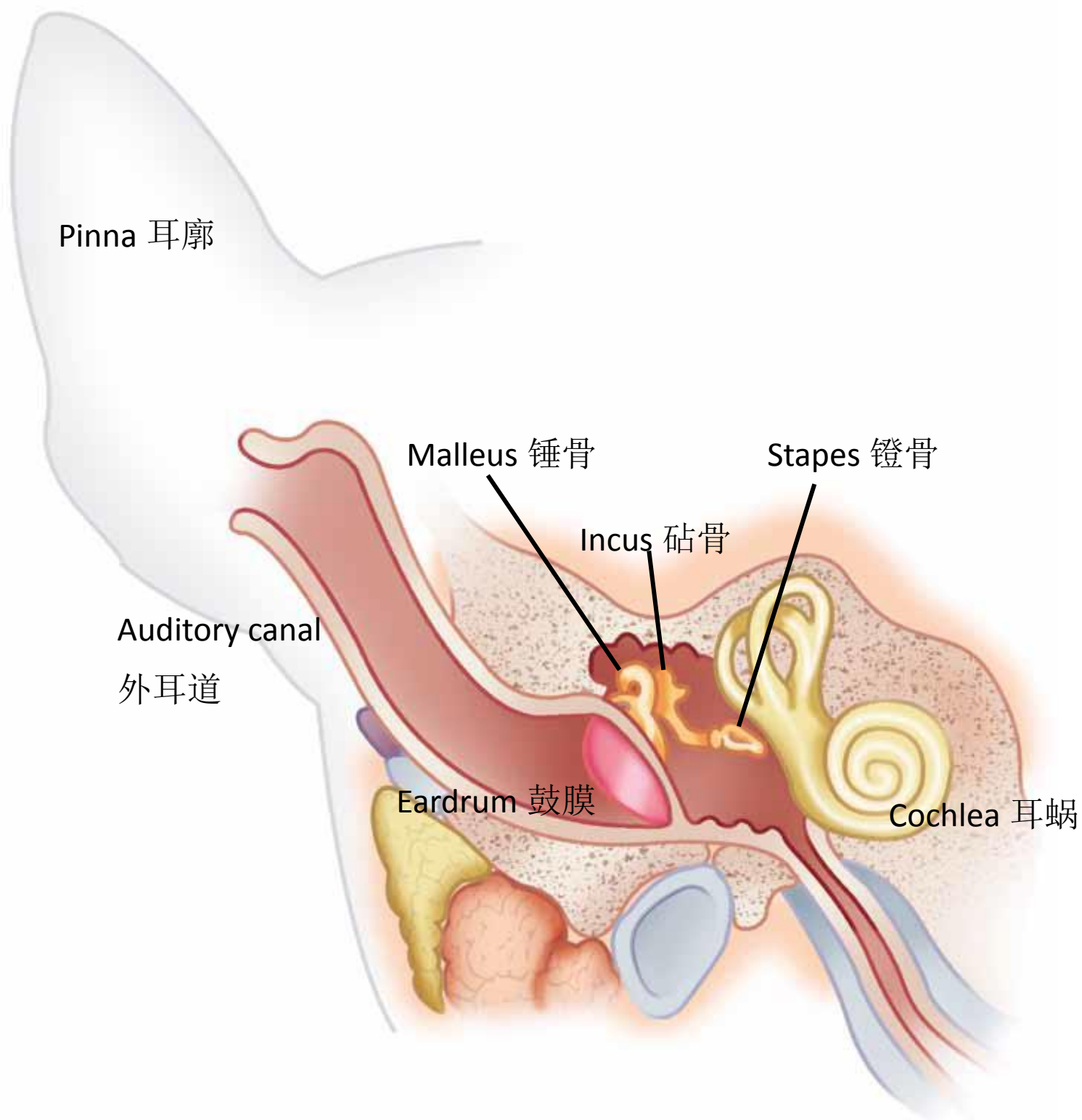
Cleaning is essential maintenance for many pets with ear disease. 耳道清理是许多耳道疾病必需的辅助措施。

How to clean your pet's ears 如何清理宠物耳道

1. Gently restrain your pet. 温柔的保定宠物
2. Lift up the ear flap so you can see the entrance to the ear canal. 轻提耳廓让你能清楚的看见耳道开口
3. Apply a liberal amount of ear cleaner into the ear canal (such as Sancerum). 将足够量的洁耳液灌入耳道内
4. Massage the ear canal gently for 10 to 20 seconds to ensure good cleaning (you can usually feel the canal as a solid tube lying just under the skin below the entrance hole). You should hear a squelching sound when you do this. 轻柔的按摩耳道 10~20 秒，确定整个耳道都清理到（通常能感觉到耳道结构）。一般都能听到盥洗的声音。
5. Remove excess fluid and discharge from the entrance to the ear canal using clean cotton wool, and clean the inside of the ear flap. Do not use cotton buds or push anything down the ear canal as this may cause damage. 用清洁的棉布织物清理耳廓内多余的液体和分泌物。不要使用棉签或任何能够导致耳道损伤的物品进入耳道内。
6. Repeat the procedure until the excess fluid no longer looks dirty. 重复刚才的操作直到排出的液体不再看起来那么脏。
7. Clean the nozzle, and repeat the process in the other ear. 清理耳道口，另一只耳进行同样的操作



犬耳道结构



How to apply medicated drops to your pet's ears 如何给宠物上耳药



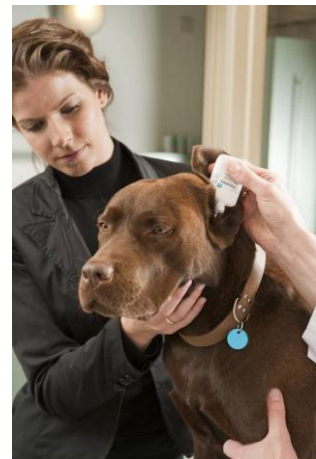
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3. Apply the required number of drops of the treatment into the ear canal. 将需要的耳液滴入耳道内



4. Massage the ear canal thoroughly and gently for 10 to 20 seconds to make sure that the treatment gets all around the ear canal (you can usually feel the canal as a solid tube lying just under the skin below the entrance hole). You should hear a squelching sound when you do this. 侧底轻柔的按摩耳道 10~20 秒, 确定整个耳道都触及到 (通常能感觉到耳道结构)。一般都能听到盥洗的声音。



5. Remove any excess fluid and discharge from the entrance to the ear canal using clean cotton wool, and clean the inside of the ear flap. Do not use cotton buds or push anything down the ear canal as it may cause damage. Repeat the procedure with the other ear. 用清洁的棉布织物清理耳廓内多余的液体和分泌物。不要使用棉签或任何能够导致耳道损伤的物品进入耳道内。同样的方式处理另一只耳朵。

