



Patulous Eustachian Tube (ET) Syndrome

What is Patulous ET?

This is a fairly frequent disorder where the ET is open too much (the opposite is much more common and is the cause of frequent ear infections and fluid build up in the middle ear). The most common symptoms are fullness or pressure in the ear (Aural fullness), hearing yourself speak in the ear-like a microphone in your ear (Autophony), and hearing yourself breath in and out in your ear. The easiest way to diagnose this problem is to put your head between your legs (this puts your head in a dependent position and essentially engorges the ET thereby shrinking the opening) and the symptoms will resolve after a few seconds.

What Causes Patulous ET?

The most common reason for this problem is rapid weight loss. Weight loss of 10-20 lbs is enough to cause the problem. In the majority of cases there is no known cause. There may be a link to certain hormonal changes. Typically, there is no obvious change in the anatomy of the ET, but your ENT physician may need to look in the back of your nose to make sure is nothing structurally wrong.

How is Patulous ET Treated?

There are not any treatments that will work 100% of the time, but there are many options that have shown to help many patients:

- Observation – This disease process may only last a few months and it is not going to causes any harmful physical effects, just irritation.
- Premarin Drops – this is an estrogen drop that is used to engorge the tissue around the Eustachian tube
- Potassium iodide drops
- Flonase nasal spray
- Ear tubes may help to alleviate the symptoms
- Surgery – this is only a last resort option

For more details, visit www.entforyou.com

