

Mayo Clinic Medical Edge
Pressure Equalization & Air Travel

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	LIKE A KNIFE STICKING IN YOUR EAR... THE PAIN CAN BE SHARP AND INTENSE. MANY PEOPLE, ESPECIALLY THOSE WITH COLDS OR OTHER RESPIRATORY ILLNESSES CAN SUFFER A LOT FROM THE CHANGING AIR PRESSURE ON BOARD A PLANE
Jan Stepanek, M.D. Track 2 (3:05)	"AS YOU GO TO ALTITUDE YOU CAN HAVE AIR TRAPPED INSIDE SINUSES THAT ARE INFLAMED OR IN SINUS CAVITIES. THEN AS YOU'RE COMING DOWN YOU CREATE A RELATIVE VACUUM. THE PAIN CAN BE RATHER

	EXCRUCIATING.”
	DR. JAN STEPANEK IS A DIRECTOR OF AEROSPACE MEDICINE AT MAYO CLINIC. HIS ADVICE FOR HEADING OFF THE PROBLEM...
Dr. Stepanek	“CHEWING GUM ACTUALLY HELPS WITH PRESSURE EQUILIBRIUM. TRYING TO SWALLOW OR MOVE YOUR LOWER JAW CERTAINLY CAN HELP.”
	IF YOU HAVE A KNOWN PROBLEM OR A COLD AND NEED TO FLY, A NASAL DECONGESTANT CAN HELP TO KEEP SINUSES AND THE MIDDLE EAR OPEN AND AIR FROM BECOMING TRAPPED.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG . I’M VIVIEN WILLIAMS.