

1) How long have you been in business as an ENT and where are you located?

I have been in practice for 20 years with Texas ENT Specialists. I currently work out of our Tomball and Vintage offices. The Tomball office is located at 506 Graham Drive Suite 130 in Tomball and the Vintage office is located at 20207 Chasewood Park Dr Suite 100 in Houston.

2) Do you have swimmers frequent your office and why?

I have had swimmers come into the office for a variety of reasons. The most common is an outer ear infection commonly known as swimmers ear. I have also seen swimmers for allergies, sinus infections, and ear wax impactions.

3) What are some tips for swimmers to keep their ear, nose, and throat healthy this winter season?

It is always helpful to eat right and get enough rest for your body to stay healthy. Good hand washing and not sharing water bottles helps prevent the spread of common germs and viruses.

4) Are there any at home remedies you recommend for the infamous Swimmer's Ear?

I recommend the over the counter "Swim Ear" drops or recommend making it with white vinegar and rubbing alcohol mixed in equal parts. These drops should be placed in the ear after swimming to evaporate out the water and moisture. However, if you have tubes in the ears or a hole in the eardrum, you should not put these in as it will be painful because it can get into the middle ear.

5) Can you swim with ear tubes? If so, are there any extra steps needed to take care of them?

Yes, you can swim with ear tubes. Most of the time, if the chemicals are correct, you do not need any precautions. However, the water can get into the middle ear and cause infections with drainage from the ear that is hard to clear up. I recommend ear plug as a barrier under the swim cap to help prevent infections from occurring.

6) Any myths you have heard about swimmers and their ear/nose/throat that you can debunk or us?

I have not heard any myths, but would be happy to answer any that come up.

7) Why do you enjoying being a part of the SSAN family?

We have been with SSAN for a little over 2 years. What we enjoy the most is the feeling of family. The coaches are exceptional and the swimmers are inviting. Joining this club was the best thing for Lauren, it has rekindled her love of swimming