

Timely Treatment of ENT Conditions with Mr. Adam Shakir

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/EINPresswire.com/ -- Maintaining a healthy lifestyle is quite important, and one of the most common issues neglected by most people is those of their ear, nose, or throat.

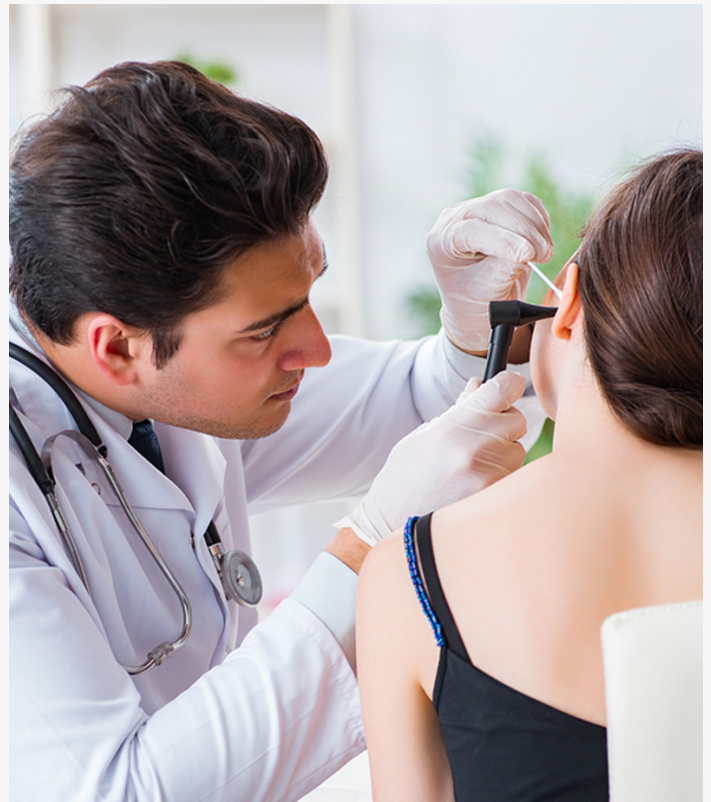
Whenever anyone experiences concern related to these areas, most individuals seek advice from their General Practitioner (GP) to get an assessment, advice, and treatment. Availability and access to one's GP are becoming more difficult with every passing year.

However, an ENT doctor is the relevant specialist who can actually help to recover from the condition by providing appropriate medication and surgical treatment (if needed). An ENT specialist has all the required skills, equipment, and experience and knows all the ways to diagnose, analyze, and treat the condition in the most effective manner.

An ENT doctor (or Otolaryngologist) is a person expert in dealing with disorders and the conditions of the ear, nose, and throat area, along with the related regions of the head and neck.

Our modern lifestyle requires a modern approach to good health, where we need to be proactive towards our well-being. Always ensure to access the right professionally trained ENT doctor to refer to for the problem and get the right treatment so that the patient can improve as soon as possible.

Common conditions to see an ENT surgeon for



ENT consultations

Chronic ear infection

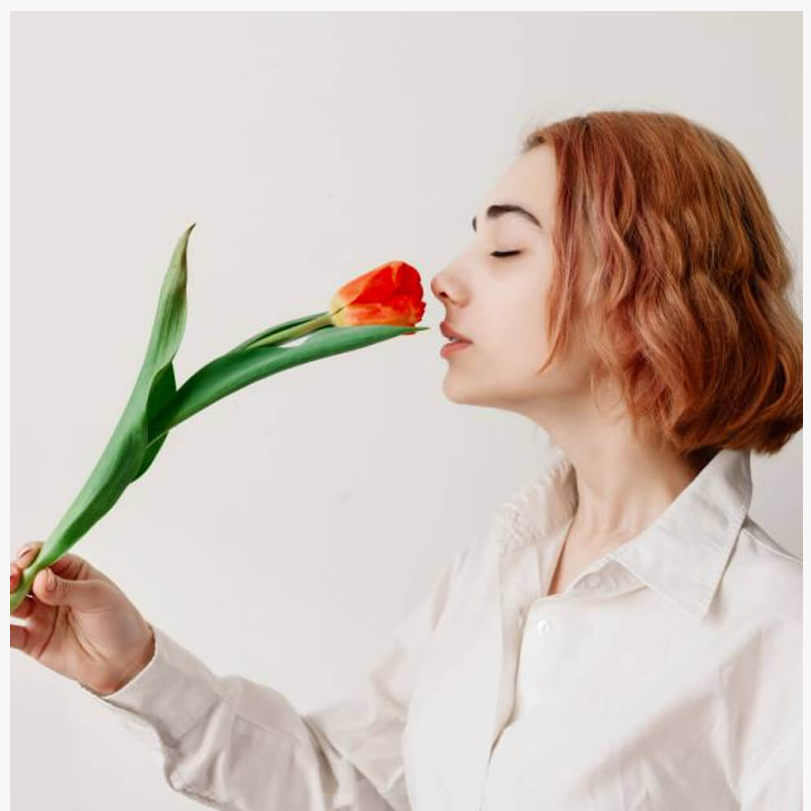
An ear infection is a condition when there is an air-filled space behind the eardrum that becomes infected. Some people have a higher risk of getting ear infections. Children between the ages of 6 months to 4 years are most prone to infection due to the size and shape of their Eustachian tubes (internal tubes) and middle ear. Other ear infections can be caused by other illnesses such as colds, flu, or allergies. Ear infections can lead to severe pain, impaired hearing, headache, fever, and loss of balance. If a child develops multiple ear infections, then maybe it's time to get in touch with a [Best Children ENT Specialist](#) so that these conditions can be treated in good time.

Hearing loss

Whenever someone finds themselves turning the volume up of their electronic devices, asking people around to speak up, or feel like others are murmuring, it's time to speak to an ENT doctor, since they are the doctors who can diagnose hearing loss, and work with audiologists to find out the reasons behind hearing loss, for treating ear infection, and earwax build-up that can affect hearing.

Dizziness

There are many parts in the human body, including the ears that work to maintain balance. Most people experience dizziness or vertigo at some point in life. Commonly it happens for a few moments as one stands up all of a sudden, or while taking medication for migraine. For older adults, a



Ear nose and throat doctor



best Children ENT specialist

common reason behind this is when calcium crystals in the inner ear get dislocated from their usual placement (BPPV). An [Ear nose and throat doctor](#) can help with the treatment.

Stuffy nose

Swelling or inflammation in the sinuses can cause sinusitis. This swelling disrupts the mucus and causes stuffiness in the nose. This causes difficulty in breathing, a change in the color of the mucus from the nose, and tenderness around the eyes and middle of the face. Chronic sinusitis is caused by several sinus infections that weren't treated completely, or last longer than 3 months consistently. An ENT specialist can offer the best treatment to relieve the symptoms with advice, medication, or surgery.

Sleep Apnoea

Sleep apnoea is a severe disorder characterized by frequent interruptions in breathing or shallow breaths during sleep. During these episodes, loud snoring or choking sounds may occur as the individual struggles to breathe. As a result, the brain and body experience a lack of oxygen, potentially causing awakenings. This is a common issue that's often neglected by most people but this can lead to severe repercussions if left untreated on a long-term basis, raising the risk of high blood pressure, heart attacks, and strokes.

Sore throat or Tonsillitis

Tonsillitis refers to the inflammation of the tonsils, which are two oval-shaped tissue pads located at the rear of the throat. Symptoms of tonsillitis include enlarged tonsils, a sore throat, challenging or difficult swallowing, and tenderness in the lymph nodes located on the sides of the neck. Surgical removal of the tonsils, once a widely practiced procedure for tonsillitis, is typically reserved for cases where tonsillitis recurs frequently, proves unresponsive to alternative treatments, or leads to significant complications.

[ENT consultations Milton Keynes](#) often require work in collaboration with other healthcare professionals, including General Practitioners, Audiologists, and Speech & Language Therapists. This collaborative approach ensures comprehensive care, addressing not only the specific ENT-related concerns but also considering the patient's overall health and well-being.

About Mr. Adam Shakir

Mr. Adam Shakir, a leading ENT specialist in Milton Keynes, provides regular consultations that contribute to improving overall health and well-being. "Ears, nose, and throat are vital organs of the human body, and their well-being is interconnected with our general health. Addressing any issues related to these areas can positively impact an individual's ability to maintain an active and healthy lifestyle," says Mr. Adam Shakir. Commonly said advice that Mr. Shakir gives to most of his patients is to never ignore any persistent or not improving health concerns because what a

person may think of as a common or non-issue, might be the root of a health disorder that causes complications later on. Therefore, always consider consulting or making an appointment with an Ear, Nose, and Throat doctor rather than going again and again trying to get an appointment with the GP.

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