



Ear Care: Do-It-Yourself Wax Removal

耳朵护理： 自己动手清洁耳垢

News background 新闻背景

研究表明，耳垢是耳朵自我清洁系统的一部分，可以阻止灰尘、污物、细菌、昆虫等进入耳道。耳朵能够自行清理大部分耳垢，吃饭和说话时的颌骨运动会最终把耳垢推至外耳，人们只需用一片湿棉花擦擦就能轻松将之去除。当耳垢引起不适或妨碍听力时，应想办法将其从耳朵里面清除，但一定要格外小心。医生建议不要用棉签来清洁耳朵，因为它会把耳垢推向耳道深处，甚至推至鼓膜，从而影响听力。



News transcript 新闻正文

Some people's ears produce **wax** like busy little bees. This can be a problem even though ear wax appears to serve an important purpose. It protects and cleans the ear. It **traps** dirt and other matter, and keeps

insects out. Doctors think it might also help protect against **infections**. And the waxy oil keeps ears from getting too dry.

But you can have too much of a good thing. The **glands** in the ear canal that produce the wax make too much in some people. Ear wax is normally expelled; it falls out of the ear or gets washed away. But extra wax can harden and form a **blockage** that interferes with sound waves and reduces hearing.

Ear wax removal is sometimes necessary, but you have to use a safe method or you could do a lot of damage. The wax can be softened with **mineral** oil, **glycerin** or ear drops. Another way to remove wax is known as **irrigation**. With the head upright, take hold of the outer part of the ear. Gently pull upward to **straighten** the ear canal. Use a **syringe** device to gently direct water against the wall of the ear canal. Then turn the head to the side to let the water out.

关键词宝典

wax /wæks/ *n.* 耳垢

trap /træp/ *v.* 困住

infection /ɪn'fekʃən/ *n.* 感染, 传染

gland /glænd/ *n.* 腺

blockage /'blɒkɪdʒ/ *n.* 堵塞物

mineral /'mɪnərəl/ *n.* 矿物质

glycerin /'glɪsərɪn/ *n.* 甘油

irrigation /,ɪrɪ'geɪʃən/ *n.* 冲洗

straighten /'streɪtn/ *v.* 把...弄直

syringe /sɪ'rɪndʒ/ *n.* 注射器

Translation 参考译文

有些人的耳朵像勤劳的小蜜蜂一样不断分泌耳垢。这可能会造成问题,虽然耳垢似乎有重要的作用。耳垢可以保护并清洁耳朵。它可以黏附灰尘、异物,防止昆虫进入耳内。医生认为耳垢可能还有助于防止感染。此外,耳垢这种蜡质油脂还可以防止耳内过于干燥。

但过犹不及。一些人耳道中的腺体会分泌过多的耳垢。一般情况下耳垢会从耳内自然排出,会掉落或被洗去。但是过多的耳垢可能会硬化并形成堵