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## ACUPUNCTURE FOR PRESSURE EQUALIZATION PROBLEMS EXPERIENCED BY DIVERS

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The most common issue experienced by divers is pressure equalization problems of the middle ear. This problem is mostly caused by ear, nose and throat (ENT) disorders (nearly 70% of all diving medical problems are ENT related). Having ENT disorders when being submerged can be very risky and generally it is strongly recommended not to dive with them, and in specific cases it can even be an absolute contraindication for diving. This presentation clarifies why pressure equalization of the middle ear is needed, how you can equalize and which complications can arise in case of certain ENT disorders. Indications for acupuncture and its effects will be discussed concisely, and some less frequent causes of pressure equalization problems will be highlighted. Acupuncture can contribute to trouble-free pressure equalization of the middle ear by providing a free air passage in the Eustachian tube.

## BIOGRAPHY

Janneke Vermeulen is a Physiotherapist, Acupuncturist, Chinese Herbalist, Chinese Master Face Reader and specialist in Diving Medicine. She did internships in hospitals in China in 1994 and 2004. She had the opportunity to attend several ENT courses at the Scott Haldane Foundation, which trains physicians internationally to become diving medical doctors. In 2006, she received her PADI Divemaster license. She owns an acupuncture and physiotherapy practice in The Hague, the Netherlands and is author of "Diving Medical Acupuncture" published by Singing Dragon.

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