

# The color of earwax helps you identify your health status

Earwax is an important component that helps prevent dust and bacteria from getting into the ear, so if you are delicate enough, you will notice body problems through this.

Often, we often use earwax to clean our ears. We often think that earwax is a type of dirt secreted from the ear, but in fact, earwax is considered to be the bodyguard of our human body, it works against infections, prevents dirt, insects, , make the ears not "shocked" because the sounds are too loud and even used as medicine.

Besides, the color of earwax can reveal to you how your health condition is, take your earwax and check your health.

## 1. Earwax is dark yellow, slightly wet and sticky



If you get earwax every day, you can see that the cotton swab or earwax is dark yellow, slightly wet and sticky, so rest assured that this is a common and very normal condition for adults. , showing you have a healthy body. Wet, sticky earwax helps keep the ears from drying out and prevents dirt from entering.

## 2. Earwax is pale yellow



The earwax is a pale yellow color that is usually the ear wax of children. As a child, we often have more earwax, the larger the amount of earwax, the less often we have a darker color. So this is a normal color, so families with young children should pay attention to taking good care of them.

## 3. Earwax is gray

# MÀU XĂM



If your earwax is gray when it comes out, it may seem a little unusual, but in fact, if the earwax has this color but has moisture, then rest assured, because this is a very normal phenomenon of muscle. When our bodies naturally remove dirt.

If the gray earwax is dry and brittle, you should be aware that this may be a precursor to a chronic and often recurrent and persistent eczema. Although the disease is not dangerous to the patient's life, it reduces the quality of life and beauty of the patient when it is acquired. So if this is the best sign, you should go to the doctor soon to be diagnosed and treated in time.

## **4. Earwax is suddenly darker than usual**



If the rash suddenly becomes darker than usual, then your body is probably producing a lot more sweat than usual. It is best to check the living environment around your area to avoid any adverse effects on your body.

## **5. Dark earwax, close to thick patches**

# MÀU TỐI, ĐÓNG THÀNH MẢNG



Ear wax produces more, the body produces more sweat than the main causes of this. However, if this condition continues, it can block the ear canal and make it difficult for you to hear. Make sure you clean your ears carefully and regularly, and also drink more water.

## **6. Dry, opaque ear wax**



When encountering this phenomenon, do not be too frightened because this may be a natural phenomenon of the body. According to research by scientists, people in different regions possess different physical characteristics. The fluid in the ear is also among them. So you should not worry too much, because people with this type of ear wax usually have less body odor than others.

## **7. Earwax is brown and black**



When your earwax appears brown or black, perhaps your lifestyle, your lifestyle has problems. In order for your ear wax to return to your normal trajectory, you only need to overcome the problems you are experiencing in your lifestyle, so live a healthier life to protect your own health.

## **8. Loose earwax, flowing out**

Researcher Derry Mark of the Department of Diagnostic and Health Research at the Dutch Central Institute of Medicine said bacteria and microorganisms that produce in the ear cavity are capable of altering skin structure and creating Excess cholesterol blocks make the earwax too loose, flow out, it can be one of the cases such as being too lazy to clean the ears, the ear is inflamed, the eardrum is problematic . To ensure safety and best You should check with your doctor as soon as possible.

## **9. Earwax with dry blood**



When you get earwax, fresh blood appears in the earwax, there may be some problems inside your ears such as scratching, bleeding or punctured eardrum . This sign is complete You can't underestimate and you should check it out right before affecting your health.

**Wish you all the best!**

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