

## AB093. 187. Surfers ear is not just for surfers

Seamus Boyle<sup>1</sup>, Aisling Moriarty<sup>2</sup>, Naishadh Patil<sup>1</sup>, Mary Bresnihan<sup>1</sup>, Marcus Choo<sup>1</sup>

<sup>1</sup>Ear, Nose & Throat Department, Sligo General Hospital, Sligo, Ireland; <sup>2</sup>Ear, Nose & Throat Department, Galway University Hospital, Galway, Ireland

**Background:** External auditory canal exostosis (EACE) is a benign bony overgrowth of the external auditory canal, also called surfers ear. Despite the rise in popularity of water sports in Ireland, there is a paucity in the literature regarding awareness and prevalence of EACE amongst water athletes in Ireland.

**Methods:** Cross sectional online survey of water athletes. Qualitative and quantitative measures. Survey distributed through national bodies to local clubs. Ten question survey using 5-point Likert scale determined awareness to EACE. Nine-point qualitative questionnaire examined attitudes to ear plug use. Exclusion criteria—age <16.

**Results:** Five hundred ninety-eight questionnaires answered. Sixty-one percent male *vs.* thirty-nine percent female. Thirty-two point six percent were completely unaware of exostosis. Poor/no knowledge demonstrated in 43.7% of participants. Twenty-two point nine percent of participants reported ear plug use. Positive attitude to ear plugs in 62.1%. Diagnosis of EACE in 12.58% of participants. Thirty-seven point five percent in non-surfers. Seventy-seven point twenty-seven percent of participants reported experiencing some/all of the following symptoms of severe otalgia, decreased hearing, water trapping or otitis externa. Eighty-one point nine percent would like to know more.

**Conclusions:** There's poor awareness among Irish water athletes about surfers ear, and even worse knowledge (43.7%). There's a large discrepancy between attitudes to ear plugs (62.1%) and actual ear plug use (22.9%). There is a demand for more knowledge (81.9%) about EACE.

**Keywords:** Surfers ear; water athletes

doi: 10.21037/map.2019.AB093

**Cite this abstract as:** Boyle S, Moriarty A, Patil N, Bresnihan M, Choo M. Surfers ear is not just for surfers. *Mesentery Peritoneum* 2019;3:AB093.