



Facial Paralysis and Bell's Palsy (Bell's Palsy is a common cause of Facial Paralysis)

The following excerpt is taken from the website of the National Institutes of Health:
<http://www.ninds.nih.gov/disorders/bells/bells.htm>

Bell's palsy is a form of temporary facial paralysis resulting from damage or trauma to one of the two facial nerves. It is the most common cause of facial paralysis. Generally, Bell's palsy affects only one of the paired facial nerves and one side of the face, however, in rare cases, it can affect both sides. Symptoms of Bell's palsy usually begin suddenly and reach their peak within 48 hours. Symptoms range in severity from mild weakness to total paralysis and may include twitching, weakness, or paralysis, drooping eyelid or corner of the mouth, drooling, dry eye or mouth, impairment of taste, and excessive tearing in the eye. Bell's palsy often causes significant facial distortion. Most scientists believe that a viral infection such as viral meningitis or the common cold sore virus -- *herpes simplex*-- causes the disorder when the facial nerve swells and becomes inflamed in reaction to the infection.

<http://www.entnet.org/HealthInformation/bellsPalsy.cfm>

American Academy of Otolaryngology—Head and Neck Surgery: Bell's Palsy?
This page discusses causes of and treatments for facial nerve disorders.

<http://www.alaska.net/~gruv/bells.htm>

Bell's Palsy Information Center

This page provides general information on Bell's Palsy as well as information on treatment, recovery and support with many links to other resources.

<http://www.bellspalsy.ws/>

Bell's Palsy Information Site

This page provides general information on Bell's Palsy and various treatments as well as a chat room and links to other resources.

<http://www.bellspalsy.net/>

Bell's Palsy Network

This site has discussion forums, blogs, articles and news related to Bell's palsy.

<http://www.healthcentral.com/mhc/top/003028.cfm>

HealthCentral: Facial Paralysis

This page defines and describes Bell's palsy and its common causes and treatments.

http://kidshealth.org/kid/health_problems/brain/bells_palsy.html

KidsHealth: Bell's Palsy

Information on causes, symptoms, diagnosis and treatment of Bell's palsy written for children.

<http://www.mayoclinic.com/health/bells-palsy/DS00168>

Mayo Clinic.com: Bell's Palsy

This page has general information on symptoms and treatment, but also has information on when to seek medical advice, on self-care, and on possible complications.

<http://www.nlm.nih.gov/medlineplus/bellspalsy.html>

Medline Plus: Bell's Palsy

This page has a description of Bell's palsy along with additional links for more information.

<http://www.nlm.nih.gov/medlineplus/ency/article/003028.htm>

Medline Plus: Facial Paralysis

This page has information on Bell's palsy and other causes of facial paralysis.

<http://www.emedicine.com/emerg/topic56.htm>

Medscape: Bell Palsy

This page has clinical information on Bell Palsy, including symptoms, diagnosis, treatment and prognosis.

<http://www.emedicine.com/ent/topic156.htm>

Medscape: Congenital Facial Paralysis

This page has clinical information on facial paralysis in newborns, including symptoms, diagnosis and treatment.

<http://www.emedicine.com/plastic/topic522.htm>

Medscape: Facial Nerve Paralysis

This page has clinical information on facial nerve paralysis, including symptoms, diagnosis, treatment and prognosis.

<http://www.michiganear.com/ear-services-facial-nerve-problems.html>

Michigan Ear Institute: Facial Nerve Disorders

This page discusses facial nerve function and tests and treatments for facial nerve disorders. It includes a brochure which can be downloaded.

http://www.ninds.nih.gov/health_and_medical/disorders/bells_doc.htm

National Institute of Neurological Disorders and Stroke: Bell's Palsy Information

This information sheet addresses treatments, prognosis as well as links to clinical trials and additional resources.

http://dmoz.org/Health/Conditions_and_Diseases/Neurological_Disorders/Cranial_Nerve_Diseases/Bell's_Palsy/

Open Directory: Bell's Palsy

This page lists links to various resources related to Bell's Palsy.

<http://www.rochestergeneral.org/rochester-general-health-system/health-library/Health%20Illustrated%20Encyclopedia/1/000773/>

Rochester General Health System: Bell's Palsy

This page has information on Bell's palsy, including symptoms, complications and treatment.

Internet Forums and Chat Rooms

<http://www.bellspalsy.ws/chat.htm>

Bell's Palsy Information Site Chat Room

Register and have access to chat rooms and forums.

<http://www.bellspalsy.net/forums.php>

Bell's Palsy Network Forum

Register and access forum for various topical discussions.

The following books and videos are available for free loan from the PRC library. For more information, please see www.paralysis.org and click *Borrow from Our Lending Library* under PRC Quick Links.

Books

- **Bell's Palsy: A Medical Dictionary, Bibliography, and Annotated Research Guide to Internet References.** San Diego, CA: Icon Health Publications, 2003.
- **Facial Paralysis: Rehabilitation Techniques.** New York: Thieme, 2003.
- **Facial Paralysis: A 3 in 1 Medical Reference.** San Diego, CA, Icon International Group, Inc., 2004.
- Dambach, J.P. **Surviving Bell's Palsy: A Patient's Guide to Facial Paralysis Management.** Homosassa, FL: J.P. Dambach, 1997.
- **Official Patient's Sourcebook on Bell's Palsy.** San Diego, CA: Icon Health Publications, 2003.

Videos

- **Therapies and Functional Exercise for Facial Paralysis.** Guangzhou Beauty Media. www.gzbeauty.com In *Chinese with English subtitles*. DVD. (61 minutes)
Emphasizes traditional Chinese medicine—please see your physician to see if this is appropriate for you.

The information contained in this message is presented for the purpose of educating and informing you about paralysis and its effects. Nothing contained in this message should be construed nor is intended to be used for medical diagnosis or treatment. It should not be used in place of the advice of your physician or other qualified health care provider. Should you have any health care related questions, please call or see your physician or other qualified health care provider promptly. Always consult with your physician or other qualified health care provider before embarking on a new treatment, diet or fitness program. You should never disregard medical advice or delay in seeking it because of something you have read in this message.