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.org.uk/index.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.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.

Medline Plus: Bell’s Palsy
This page has a description of Bell’s palsy along with additional links for more information.

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.facialparalysisfoundation.org/
Facial Paralysis and Bell’s Palsy Foundation
9401 Wilshire Blvd, Suite 650
Beverly Hills, CA 90212
Phone: 310-657-2203
Email: facialparalysisfound@gmail.com
Provides information, support groups and research funding in the area of facial paralysis and Bell’s palsy.

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.
Open Directory: Bell’s Palsy
This page lists links to various resources related to Bell’s Palsy.

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

Bell’s Palsy Information Site Online Support
Register and have access to chat rooms and forums.

The following books and videos are available for free loan from the PRC library. For more information, please visit the online catalog at: http://www1.youseemore.com/ReevePRC/default.asp

Books


**Videos**

• **Therapies and Functional Exercise for Facial Paralysis.** Guangzhou Beauty Media. [www.gzbeauty.com](http://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.

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