

INSTRUCTIONS FOR PATIENTS WITH MENIER'S DISEASE

1. You must understand that your problem will be lifelong with waxing & waning – Your regular follow up with a doctor is a must.

2. What are the usual symptoms of meniere's disease?

Vertigo (Giddiness)

Tinnitus (Ringing sound in Ear)

Ear Fullness/ Blocked sensation

3. What is my disease due to?

It is due to Excess Accumulation of fluid inside the inner ear- A Phenomenon called Endolymphatic hydrops. Exact causes are still debated.

4. Lifestyle modifications advised

a) Low salt Diet (1.5 – 2g/day)

b) Avoid Nicotine and Alcohol

c) Avoid Artificial Sweeteners

d) Avoid Caffeine

5. Allergy and Stress is a Trigger for Meniere's and should be strictly addressed