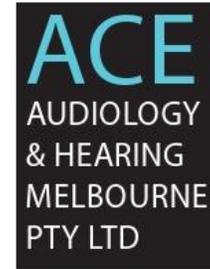

MENIERE'S SYNDROME

INFORMATION FOR PATIENTS, CARERS AND
DOCTORS



Bulleen Plaza, Shop 29, 109 Manningham Road, Bulleen, 3105.
T: 03 9850 8888, E: reception@aceaudiology.com.au

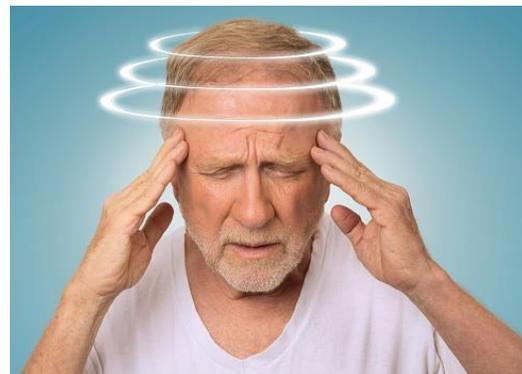
ABN: 73 161 092 440

Intended Audience:

This brief educative tool will be of benefit to patients, their carers and treating doctors to aid discussion and common understanding. The information contained within this document is general and should not be considered medical advice. Please consult your doctor should you have concerns about your balance. Further links for additional information are provided at the end of this document.

Meniere's Syndrome, also known as, "Endolymphatic Hydrops" is an excess accumulation of endolymph in a cochlear fluid compartment known as Scala Media. It is analogous to glaucoma, whereby excess fluid production or inefficient drainage results in a pressure build up in the eye. The incidence of Meniere's Syndrome varies between 190 -450 per 100,000 population with a mean age of onset of 43 according to some studies.

Symptoms of Meniere's Syndrome are a low frequency roaring tinnitus, low tone deafness, aural fullness, vertigo, postural unsteadiness, nausea and vomiting. The low tone deafness and tinnitus symptoms typically increase during an attack. Some studies recommend MRI investigations of the vestibule and cochlea to assess if Endolymphatic Hydrops is present to aid early diagnosis and treatment. A hearing assessment assists greatly in the diagnosis of the disorder particularly when low frequency hearing loss can be demonstrated. The



duration of vestibular disturbance is usually 24 minutes to 24 hours and there are multiple recurrences separated by weeks or months of normality. The temporal characteristics assist differentiation between Vestibular Neuritis (acute and non-recurring) and Vestibular Migraine (long duration with history of migraine).

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Individuals afflicted with Meniere's Syndrome initially have to deal with up to three major attacks of vertigo a year with several minor episodes arising as well. As the disease progresses across decades the episodic debilitating vertigo becomes less of an issue with the associated progressive hearing loss tending to be the main difficulty. Speech discrimination ability in Meniere's affected ears is often worse than would arise from a similar sensorineural loss of other causes. Hearing aids and Meniere's syndrome requires careful appraisal by the Audiologist and the client needs to be fully aware of what outcomes are most realistic. Hearing aids with memories are often useful as the gain characteristics can be switched dependent upon the state of the diseased ear as may be required for optimal hearing performance

Medical treatment is best managed under specialist guidance. Typical therapies include advice of salt reduced diets, diuretic medication and anti-nausea interventions as required.

Further Information:

Whirled Foundation – Support for Chronic Imbalance Sufferers.

A: Suite 4, Brookwood House

424-426 Nepean Highway

FRANKSTON VIC 3199

T: 03 9783 9233 or 1300 368 818

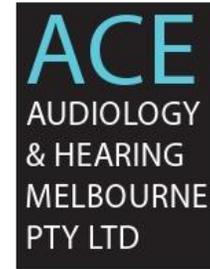
E: micky@whirledfoundation.org

W: <http://www.chronicillness.org.au/peer-support-network/members-directory/menieres-australia/>

The Royal Victorian Eye and Ear Hospital

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Fact Sheets:

[https://www.eyearandear.org.au/page/Patients/Patient information/Balance Disorders/What are some types of balance disorders/Mnires disease/](https://www.eyearandear.org.au/page/Patients/Patient%20information/Balance%20Disorders/What%20are%20some%20types%20of%20balance%20disorders/Mnires%20disease/)

Better Health Channel

Fact Sheets: <https://www.betterhealth.vic.gov.au/health/ConditionsAndTreatments/ears-menieres-disease>

Vestibular Disorders Association (VEDA – Life Rebalanced) US

Patient Information Page: <https://vestibular.org/menieres-disease>

Meniere's Society – for dizziness and balance disorders (UK)

Patient Information Page: <https://www.menieres.org.uk/information-and-support/symptoms-and-conditions/menieres-disease>

Meniere's Disease Society of Western Australia

Patient Contact: <https://www.menieres.org.au/counselling/>

Meniere's Information and Resource Centre
T: 1300 368 818 or (03) 9783 9233
Suite 4, Brockwood House, 424-426 Nepean Hwy
Frankston, Victoria 3199, Australia

Health Direct

<https://www.healthdirect.gov.au/menieres-disease>

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Concerns or Questions

Please feel free to contact ACE Audiology

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E: reception@aceaudiology.com.au

W: www.aceaudiology.com.au