

## Meniere's Disease

Meniere's disease makes you feel like your world is suddenly spinning. One minute everything is normal, and the next minute you feel as if you are on a rollercoaster that is spinning out of control. It can make you nauseated even with the slightest of movement. Your ears may roar and buzz.

This condition is normally due to an inner ear problem. This inner ear is where the balance and hearing mechanisms are. You may have attacks of vertigo, as explained above. This can last from 20 minutes to several hours and is very uncomfortable. You may sometimes experience hearing difficulties during your attacks. Normally, as your illness progresses, the hearing gradually gets worse. Sometimes, you may notice some ringing, whistling, or roaring in your ear. These noises can get louder the closer you get to an onset. You can also experience a feeling of pressure in the ear right before an attack also.

Meniere's usually affects only one ear, but it can occasionally develop in both ears.

Meniere's disease has no specific cause and unfortunately, at this point has no cure. But Dr. Sewell can help you diagnose and develop a plan to help with your symptoms. He may also be able to help you make changes in your daily life to make things easier for you.

A few things to keep in mind if you have Meniere's Disease:

- Limit the amount of salt intake
- Reduce stress in your life
- Learn what to do during an attack
- Stay active
- Stay positive

Dr. Sewell and his office staff will be able to further assist you in your educational process of learning about Meniere's Disease. We can help you develop a low sodium diet. In some cases, low doses of a particular medication is all it takes to control your symptoms.