

I came to see Dr. Sanders on the advice of my primary care physician because of dizziness and nausea. I also saw audiologist, Dr. Bratton for a very thorough exam. I was diagnosed with Meniere's disease. Dr. Sanders suggested restricting salt intake in my diet. I then began seeing Stephanie Ford for physical therapy. This therapy over several weeks has helped me regain my balance. I've had no dizziness since restricting sodium in my daily eating plan and I've also continued to do some of the exercises to maintain good balance.

Anonymous