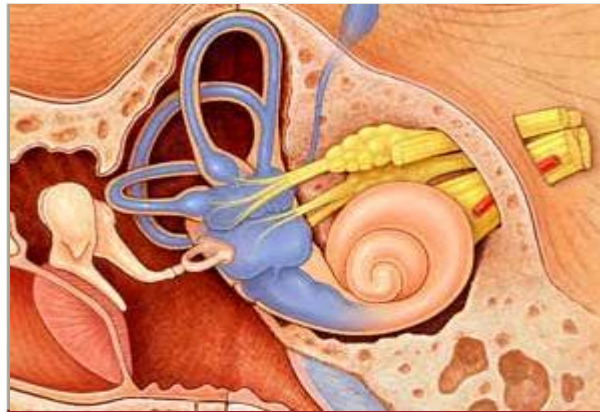


MÉNIÈRE'S DISEASE



HEARING DISORDER
AFFECTING BALANCE
AND HEARING

LAUREN WASMUTH
CSD 331



References:

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Want to know more??

If you are interesting in learning more about Meniere's Disease, a good website to visit is listed below.

<http://ghr.nlm.nih.gov/condition/meniere-disease>

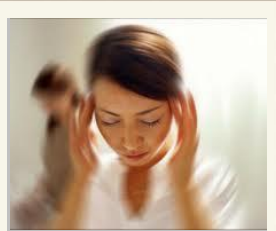
PROGNOSIS

The outlook is different for every patient. This disease can often be controlled with treatment and/or lifestyle changes. Some lifestyle changes may include, avoiding sudden movements, avoiding bright lights, TV and reading during attacks, avoid driving or operating heavy machinery during and shortly after symptoms, gradually resume your activity after an episode and to keep still and rest during symptoms. This disease may get better on its own or it may be chronic and disabling. Some possible complications may be the inability to walk or function due to uncontrollable vertigo and hearing loss. (4)

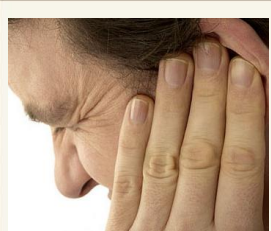
COPING

Meniere's disease is a progressing disease, causing hearing to deteriorate over time. Hearing is lost postlingually, so it is important to adapt to new social situations and to learn new methods of communication. Adaption takes acknowledgement of limitations and adjustments. It is a hard transition for an adult to go from "able-bodied" to "disabled," but there are methods to help these patients transition. (5)

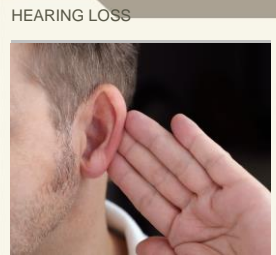
MÉNIÈRE'S DISEASE



DIZZINESS



TINNITUS



HEARING LOSS



EAR PAIN

WHAT IS MÉNIÈRE'S DISEASE?

Meniere's disease is a disorder of the inner ear, which affects balance and hearing. It causes severe dizziness, tinnitus, hearing loss, and pressure or pain of the ear. Some people experience "drop-attacks" where the dizziness is so extreme that it causes them to lose their balance and fall. Meniere's disease usually only affects one ear and it appears in adulthood. (1) (3)

PREVALENCE

Meniere's disease varies among geographic regions and ethnic groups. There is an estimated 615, 000 people with Meniere's disease in the United States. Approximately 45,000 new cases are diagnosed every year. (3)

SYMPTOMS

There are four symptoms of Meniere's disease. The first is episodes of severe vertigo or dizziness. It is a sensation of spinning, but it can also feel as if you are being pushed or pulled. Patients may also experience "drop attacks" where the vertigo causes them to fall to the ground. These episodes usually last several minutes to a few hours. Another symptom is slowly progressing hearing loss. The hearing loss is sensorineural and will worsen during a vertigo attack. Episodic tinnitus is also a symptom. Tinnitus is a constant ringing or buzzing in the ear. The tinnitus will become more severe during a vertigo attack. Finally, there is aural fullness. The ears feel full and clogged. Again this symptom worsens during a vertigo attack and causes a lot of pain in the ears. (2)

DIAGNOSIS

The cause of Meniere's disease is unknown. In newly diagnosed patients, many times initial symptoms will go away in the first few years. But, with time the symptoms will get gradually worsen, along will progressive inner ear damage. (2)

TREATMENT

There is no definite treatment, but there are ways to reduce symptoms. The main goal is to decrease the fluid pressure in the inner ear. This is done through a combination of a salt-restricted diet and diuretic or "water pill". Medication may also be taken to control dizziness. Severe cases of Meniere's may require surgical intervention. There are options that preserve residual hearing, while others destroy what hearing may be left. Some common procedures are chemical perfusion of the inner ear, endolymphatic sac surgery, vestibular nerve section, and transmastoid labyrinthectomy. (2) (1)