Meniere's Disease

You have Meniere's disease. Meniere's disease is a term for the recurrent *symptoms* (problems) of *vertigo* (the room or you seem to spin around), *tinnitus* (ringing in the ears), and hearing loss. The cause is unknown. These episodes often come on suddenly and without warning. They are sometimes associated with *nausea* (feeling sick to your stomach) and vomiting. There is no cure. A number of strategies may help the symptoms. Surgical help is available if conservative measures fail.

HOME CARE INSTRUCTIONS

- If you smoke, STOP.
- Restrict your salt intake.
- Stop caffeine consumption (caffeinated coffee, sodas, and chocolate).
- Do not drive during or near the time of attacks.
- Over the counter Antivert® (meclizine®) at a 25 mg dosage 3 times per day may be helpful.

SEEK IMMEDIATE MEDICAL CARE IF:

- Nausea and vomiting are continuous.
- You have no relief from vertigo.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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