

Management Plan – Meniere’s Disease

Our dizzy friend shared this plan and was looking for responses:

For Emergencies only:

- For Vertigo: Cinnarizine
- For Anxiety - Lorazepam
- For Nausea – Ondansetron (Zofran)

Maintenance: No drugs

Salt reduction

Some exercises to try:

- Pilates
- Walking at various speeds
- Zumba Gold (with Linda)
- Freestyle swimming
- Aerobic style exercises
- Walking on foam while watching tv
- Toe touches
- Ballroom dancing
- Standing on foam with eyes shut for 60 seconds

If you would like to share your management plan, please email me I will add it to this document. Dizzyanne.wfps@gmail.com .

Response:

- I use Meclazine for vertigo, but it is not available in Australia (I buy it overseas or have someone bring it to me). I think Cinnarizine is the closest in Australia. They are motion sickness drugs for eg sea sickness.
- I find **Pilates to be a life saver** - it combines strength, core and balance work. It's why I can stay upright on a cruise ship while everyone else is
- After a vertigo attack I take a **valium** to help sleep. It's a Diazepam.
- I take a **Lexam** every day for anxiety and feel "normal" almost always. It is an escitalopram. I find lorazepam - eg Ativan too much and it is very easy you become habituated to them.
- No SERC ? I find that interesting. Many take it daily. I take it as a prn - if I feel a bit wobbly or light headed. Works for me!

Response:

- I do **reformer pilates** and I feel like it helps so much with my coordination, general movement and strength. I also find the rocking of the machine extremely comforting.

My current class I attend is a combination of mat and reformer Pilates as I live in a small town and don't have access to full reformer classes but I find my current classes to be supportive enough.

Response:

- I attend a weekly **mat Pilates** class and have found it great for feeling confident with my stability and balance, as well as my general health. I would definitely recommend Pilates for others with Meniere's.
- Also I have found an exercise recommended by a neurologist-physiotherapist very useful: quickly **turning my head from side to side for at least 30 seconds, and then up and down, while my eyes focus on a small letter about a metre away**. I have been doing this once every day for about three years now.
- I am not sure how to assess if it has helped with my Ménière's but I have found I can look down and read things on my phone in the car for the first time without feeling carsick! My husband is very relieved as I can finally help with navigation!!

Response:

- **No SERC ?** I find that interesting. Many take it daily. I take it as a prn - if I feel a bit wobbly or light headed. Works for me!
- That so great having a management plan. The plan looks really sensible the only issue is perhaps the exercises need to be listed in a progressive order, **walking is good along with pilates and the simple balance exercises**Zumba, freestyle and ball room dancing would take me out.

Response:

- My plan includes **Betahistine** as a preventative taken daily increasing dose if increase in symptoms and diuretic to reduce ear pressure
- I could not manage aerobics, freestyle swimming (can manage breaststroke) zumba or ballroom dancing. All too fast, too much head turning and spinning for me.
- But everyone is different and should try anything once to see how it feels.

Response:

- Regarding activities, Inner West Council has a number of varied Seniors programs free or low cost. Zumba gold is free at Marrickville PCYC and Ashfield Town Hall. Line dancing is \$5.00 on Friday mornings at Marrickville Town Hall. Sometimes the venue changes, so best to make contact with Rob the teacher. Sydney Community College has 2 Seniors Exercise Venues Rozelle and Camperdown, twice a week, see their web site.
- I find with all these activities the teachers have been more than happy to allow non seniors, adapt to dizziness and to deafness. Of course, if it is not explained to them, they won't know. The other block psychologically for some people is they expect to be

competent in the activity straight away and give up after one lesson. We are all beginners. It is a good lesson in line dancing if we all turn the same way at the same time!

- Mary is happy to meet up with any one wanting to try but a little tentative. (you can contact dizzy Anne for email address).

<https://www.innerwest.nsw.gov.au/live/community-well-being/seniors/activities-for-seniors/dance-programs-for-seniorshave>

Response:

- Since covid I was having dizzy spells every 2 days. I have gone 10 days no dizzyspell.
- I am taking 1 Betahistine (lupin)tablet 3 times a day.
- If I feel a dizzy spell coming on I take 1 Stemetil tablet. Fingers x things are settling down.
- I think walking does help. I will try walking on Foam.

- Another high profile story about living with MD:

<https://www.womenshealthmag.com/health/a46456945/the-bachelor-daisy-kent-menieres-disease/>