

Survey: Pulsatile Tinnitus with Meniere's Disease

119 participants in this survey:

Q1: Do you have a confirmed diagnosis of Meniere's disease?

| | | |
|-----|-----|---------|
| Yes | 114 | (95.8%) |
| No | 5 | (4.2%) |

Q2: If yes, which ear is affected with Meniere's?

| | | |
|-----------|----|-------|
| Left ear | 73 | 52.9% |
| Right ear | 65 | 47.1% |

Q3: Have you ever experienced pulsatile tinnitus (hear your heart beat pulsing in your ear)?

| | | |
|----------------------|----|-------|
| Yes, in my left ear | 57 | 42.9% |
| Yes, in my right ear | 51 | 38.3% |
| No | 25 | 18.8% |

Q4: If yes, are you currently experiencing pulsatile tinnitus?

| | | |
|-----|----|-------|
| Yes | 51 | 54.9% |
| No | 62 | 45.1% |

Q5: Please list all medication you have taken for Meniere's in the past.

Q6: Please list all medication for Meniere's disease you are currently taking

Q7: Please write down any other comment you consider relevant.

See below for individual responses

119

- Q1
 - Yes
- Q2
 - Left ear
 - Right ear
- Q3
 - Yes, in my left ear
 - Yes, in my right ear
- Q4
 - Yes
- Q5
 - Amazing, antihistamine

118

- Q1
 - Yes
- Q2
 - Right ear
- Q3
 - Yes, in my left ear
- Q4
 - Yes
- Q5
 - Stematil
- Q6
 - nil

Survey: Pulsatile Tinnitus with Meniere's Disease

- Q7
 - I am unsure if it is Pulsatile Tinnitus as it often occurs quite loudly when lying on my left side. Otherwise it rarely occurs and is then very faint.

117

- Q1
 - Yes
- Q2
 - Right ear
- Q3
 - Yes, in my right ear
- Q4
 - Yes
- Q5
 - Only serc
- Q6
 - Serc (betahistine)

116

- Q1
 - Yes
- Q2
 - Left ear
- Q3
 - Yes, in my left ear
- Q4
 - No
- Q5
 - Clonazepam Zofran
- Q6
 - As needed clonazepam and zofran
- Q7
 - Only had pulsatile tinnitus while I still had hearing. Once hearing gone could no longer hear heartbeat.

115

- Q1
 - Yes
- Q2
 - Left ear
 - Right ear
- Q3
 - Yes, in my left ear
 - Yes, in my right ear
- Q4
 - Yes
- Q5
 - Tried serc and it didn't work I now just take diuretics
- Q6
 - Only diuretics moderetic
- Q7
 - I get regular atlas chiropractic treatment and Chinese acupuncture

114

- Q1
 - Yes
- Q2
 - Left ear
- Q3

Survey: Pulsatile Tinnitus with Meniere's Disease

- Yes, in my left ear
- Q4
- Q5
- Serc
- Q6
- Serc 16mg x twice a day Amitriptyline 25 mg
- Q7
- Triggered by stress I want it go stop!!!

113

- Q1
- Yes
- Q2
- Right ear
- Q3
- Yes, in my right ear
- Q4
- No
- Q5
- Serc stemetil
- Q6
- Serc stemetil
- Q7
- I also take vitamins : b2., Magnesium CD&Zinc

112

- Q1
- Yes
- Q2
- Left ear
- Q3
- Yes, in my left ear
- Q4
- Yes
- Q5
- Tried beta histamine Cinnarazine
- Q6
- Cinnarazine
- Q7
- Always feel worse when the tinnitus is pulsating

111

- Q1
- Yes
- Q2
- Left ear
- Q3
- Yes, in my left ear
- Q4
- No
- Q5
- Q6
- Nothing
- Q7
- I'm in regional qld and can't get help

110

- Q1
- Yes

Survey: Pulsatile Tinnitus with Meniere's Disease

- Q2
 - Left ear
 - Right ear
- Q3
 - Yes, in my right ear
- Q4
 - Yes
- Q5
 - Serc
- Q6
 - Serc
- Q7
 - I also experience tinnitus in both ears, the right ear being the worst

109

- Q1
 - Yes
- Q2
 - Left ear
- Q3
 - Yes, in my left ear
- Q4
 - No
- Q5
 - Serc betahistine 16mg
- Q6
 - Serc 16mg
- Q7
 - I take serc prn when required-

108

- Q1
 - No
- Q2
 - Left ear
 - Right ear
- Q3
 - Yes, in my left ear
 - Yes, in my right ear
- Q4
 - Yes
- Q5
 - None
- Q6
 - None

107

- Q1
 - Yes
- Q2
 - Right ear
- Q3
 - Yes, in my right ear
- Q4
 - No
- Q5
 - Serc but not anymore. Currently no medication
- Q6

Survey: Pulsatile Tinnitus with Meniere's Disease

- Nil
- Q7
 - Only hear the Pulsatile Tinnitus if leaning on ear on pillow

106

- Q1
 - Yes
- Q2
 - Left ear
- Q3
 - Yes, in my left ear
- Q4
 - No
- Q5
 - None
- Q6
 - None
- Q7
 - I'm not currently suffering from any dizziness, that's a sporadic thing that comes and goes, luckily mostly goes. I do suffer from ringing in the left ear and from time to time I can notice the heartbeat wooshing in the left as well, but more infrequently at the moment.

Participant 105

- Q1
 - Yes
- Q2
 - Right ear
- Q3
 - No
- Q4
 - No
- Q5
 - Hydrochlorothiazide 25mg
- Q6
 - as previous
- Q7
 - Nothing helps i virtually eat no salt and am still constantly sick for weeks on end when it starts

Participant 104

- Q1
 - Yes
- Q2
 - Left ear
- Q3
 - Yes, in my left ear
- Q4
 - Yes
- Q5
 - Serc (Betahistine) Ondansetron
- Q6
 - Serc (Betahistine)
- Q7

Survey: Pulsatile Tinnitus with Meniere's Disease

- I have found some relief from tinnitus through using 650nm laser earbuds twice a day for half an hour. The tinnitus isn't stopped, it it just less loud. They're called SonicCalm Pro from Absolutehear.

Participant 103

- Q1
 - Yes
- Q2
 - Right ear
- Q3
 - Yes, in my left ear
- Q4
 - Yes
- Q5
 - Serc Zofran
- Q6
 - Serc
- Q7
 - I experience pulsatile tinnitus mainly at night.

Participant 102

- Q1
 - Yes
- Q2
 - Left ear
 - Right ear
- Q3
 - Yes, in my left ear
- Q4
 - Yes
- Q5
 - Serc Urea powder Stemetel
- Q6
 - Serc Always have stemetel and urea powder with me.
- Q7
 - I was diagnosed with menieres disease over 30 years ago so well at the 'burnt out' stage. Dreadful debilitating attacks during the first years with severe vomiting and diarrhoea along with spinning head very regularly. Many grommets inserted and lots of different techniques advised by my ENT. Happy to just manage the deafness now and the pulsating tinnitus. I'm now 70 years old.

Participant 101

- Q1
 - Yes
- Q2
 - Right ear
- Q3
 - Yes, in my right ear
- Q4
 - Yes
- Q5
 - Moduretic
- Q6
 - Maybe duretic

Participant 100

- Q1
 - Yes

Survey: Pulsatile Tinnitus with Meniere's Disease

- Q2
 - Right ear
- Q3
 - Yes, in my right ear
- Q4
 - No
- Q5
 - Betahistine Moduretic Ondansetron Stemetil Dexamethasone
- Q6
 - Betahistine Moduretic
- Q7
 - About to stop Betahistine & just taking 1 Moduretic per day. Nil attacks in 2 years & managing with low salt & whole food diet.

Participant 99

- Q1
 - Yes
- Q2
 - Right ear
- Q3
 - Yes, in my right ear
- Q4
 - No
- Q5
 - Betahistine and vitamin regime (D, B2, Magnesium, Q10) steroid injections
- Q6
 - Just the betahistine and vitamins.

Participant 98

- Q1
 - Yes
- Q2
 - Right ear
- Q3
 - Yes, in my left ear
 - Yes, in my right ear
- Q4
 - Yes
- Q5
 - Serc
- Q6
 - Serc

Participant 97

- Q1
 - Yes
- Q2
 - Left ear
- Q3
 - Yes, in my left ear
- Q4
 - Yes
- Q5
 - Betahistine 16mg Tablet - up to 3 x day
- Q6
 - Betahistine 16mg Tablet

Participant 96

- Q1

Survey: Pulsatile Tinnitus with Meniere's Disease

- Yes
- Q2
 - Left ear
- Q3
 - Yes, in my left ear
- Q4
 - Yes
- Q5
 - Betahistine 16mg twice a day. Meclizine 25 mg Stemetil
- Q6
 - Betahistine and meclizine
- Q7
 - I only get pulsátil tinnitus before a bebieeres attack. It is a warning sign that last for a couple of days until vertigo comes in.

Participant 95

- Q1
 - Yes
- Q2
 - Left ear
- Q3
 - Yes, in my left ear
- Q4
 - Yes
- Q5
 - Serc. A long time ago I was on steroids, for a time, and a diuretic.
- Q6
 - Serc
- Q7
 - I always have tinnitus, but not always pulsing tinnitus. Usually my tinnitus is buzzing, similar to cicadas.

Participant 94

- Q1
 - Yes
- Q2
 - Left ear
 - Right ear
- Q3
 - Yes, in my left ear
 - Yes, in my right ear
- Q4
 - Yes
- Q5
 - Serc (didn't help much)
- Q6
 - None
- Q7
 - Oulsatile tinnitus comes and goes but it's the type that Sent me to the ENT ip

93

- Q1
 - Yes
- Q2
 - Left ear
- Q3
 - Yes, in my left ear
- Q4

Survey: Pulsatile Tinnitus with Meniere's Disease

- Yes
- Q5
 - Serc Endep, valium
- Q6
 - Valium only when needed.

Participant 92

- Q1
 - Yes
- Q2
 - Left ear
- Q3
 - Yes, in my right ear
- Q4
 - No
- Q5
 - betahistine, prednisolone
- Q6
 - betahistine 16mg x 3 daily
- Q7
 - Pulsatile tinnitus in right ear is worse when the hearing is down in my left ear. Also worse after a busy or stressful day.

Participant 91

- Q1
 - No
- Q3
 - No

Participant 90

- Q1
 - Yes
- Q2
 - Right ear
- Q3
 - Yes, in my right ear
- Q4
 - Yes
- Q5
 - Stematil. Still taking Betahistine, diathiazide and topamax
- Q6
 - Betahistine, diathiazide and more recently topamax
- Q7
 - It is 24/7 it is more of whoosh sound

Participant 89

- Q1
 - Yes
- Q2
 - Left ear
- Q3
 - Yes, in my left ear
- Q4
 - No
- Q5
 - Serc, stugeron, diuretic, ginkgo biloba
- Q6
 - Ginkgo
- Q7

Survey: Pulsatile Tinnitus with Meniere's Disease

- For me the pulsatile tinnitus is rare but I have had it in the 30 years since diagnosis

Participant 88

- Q1
 - Yes
- Q2
 - Right ear
- Q3
 - Yes, in my right ear
- Q4
 - No
- Q5
 - Serc Urea Powder
- Q6
 - Nil

Participant 87

- Q1
 - Yes
- Q2
 - Left ear
 - Right ear
- Q3
 - Yes, in my left ear
 - Yes, in my right ear
- Q4
 - No
- Q5
 - Serc
- Q6
 - Nil
- Q7
 - I have tinnitus all the time, it does vary, from quite to extremely loud, sometimes pulsating. Most times it sounds like a jet taking off, or storm clouds, very hard to explain. I'm deaf both ears having hearing aids which helps. I treat tinnitus as a friend, and say hello to it as that helps more than complaining about it

Participant 86

- Q1
 - Yes
- Q2
 - Right ear
- Q3
 - Yes, in my right ear
- Q4
 - Yes
- Q5
 - Serc Hygroton
- Q6
 - Nil

Participant 85

- Q1
 - Yes
- Q2
 - Left ear
 - Right ear

Survey: Pulsatile Tinnitus with Meniere's Disease

- Q3
 - Yes, in my right ear
- Q4
 - No
- Q5
 - Serc
- Q6
 - Serc

Participant 84

- Q1
 - Yes
- Q2
 - Left ear
- Q3
 - Yes, in my left ear
- Q4
 - No
- Q5
 - Steroid
- Q6
 - None
- Q7
 - Pulsating heart beat sound happens mostly at night when trying to sleep

Participant 83

- Q1
 - Yes
- Q2
 - Left ear
- Q3
 - Yes, in my left ear
- Q4
 - Yes
- Q5
 - Serc Moduretic
- Q6
 - serc Moduretic Diasapan Stemetil
- Q7
 - I went deaf in my left ear 7 years ago very quickly Menieres did not start until December 2022, it took a 4 months to see a specialist and have testing and was diagnosed with Menieres

Participant 82

- Q1
 - Yes
- Q2
 - Right ear
- Q3
 - Yes, in my right ear
- Q4
 - Yes
- Q5
 - Betahistine Moduretic Stemetil
- Q6
 - Betahistine Moduretic Stemetil

Participant 81

- Q1

Survey: Pulsatile Tinnitus with Meniere's Disease

- Yes
- Q2
 - Right ear
- Q3
 - Yes, in my right ear
- Q4
 - No
- Q5
 - Stemetil, Diuretic
- Q6
 - None
- Q7
 - It lasts for a few days at a time and then goes. Have had it when taking medication and when I haven't.

Participant 80

- Q1
 - Yes
- Q2
 - Left ear
- Q3
 - Yes, in my left ear
- Q4
 - No
- Q5
 - Betahistine, Stemetil
- Q6
 - Betahistine 16mg 3x daily. Stemetil 5mg prn

Participant 79

- Q1
 - Yes
- Q2
 - Left ear
- Q3
 - Yes, in my right ear
- Q4
 - Yes
- Q6
 - Nothing

Participant 78

- Q1
 - Yes
- Q2
 - Left ear
- Q3
 - No
- Q4
 - No
- Q5
 - none, managing with low salt and low sugar
- Q6
 - none
- Q7
 - constant tinnitus

Participant 77

Survey: Pulsatile Tinnitus with Meniere's Disease

- Q1
 - Yes
- Q2
 - Left ear
 - Right ear
- Q3
 - Yes, in my left ear
- Q4
 - Yes
- Q5
 - Betahistine. Stemetil. Moduretic. Valium. Zofran.
- Q6
 - Betahistine. Valium Zofran
- Q7
 - I only take Valium & Zofran as needed. Betahistine every day.

76

- Q1
 - Yes
- Q2
 - Left ear
- Q3
 - Yes, in my left ear
- Q4
 - Yes
- Q5
 - Serc, moderatic, stemetil, Valium, gingko
- Q6
 - Serc, moderatic, gingko
- Q7
 - Tinnitus 24/7 would love for it to stop

75

- Q1
 - Yes
- Q2
 - Left ear
- Q3
 - Yes, in my left ear
- Q4
 - Yes
- Q5
 - Betahistine 3x16mg daily Steroid injection in the ear drum twice now Diuretic 1 x .5 2mg daily
- Q6
 - See previous

74

- Q1
 - Yes
- Q2
 - Right ear
- Q3
 - No
- Q4
 - No
- Q5

Survey: Pulsatile Tinnitus with Meniere's Disease

- Methotrexate, dexamethasone injections, prednisone, moderetic, Behistine serc, acyclovir
- Q6
 - Moderetic, Behistine serc

73

- Q1
 - Yes
- Q2
 - Right ear
- Q3
 - Yes, in my right ear
- Q4
 - No
- Q5
 - Stemetil, Urea, Fluid tablet
- Q6
 - Stemetil very occasionally
- Q7
 - Pulsative tinnitus was mostly earlier in my years of having Meniere's.

72

- Q1
 - Yes
- Q2
 - Left ear
- Q3
 - Yes, in my left ear
- Q4
 - Yes
- Q5
 - Serc, Hydrochlorothiazide
- Q6
 - Hydrochlorothiazide

71

- Q1
 - Yes
- Q2
 - Right ear
- Q3
 - Yes, in my right ear
- Q4
 - No
- Q5
 - Betahistine Amatriptaline
- Q6
 - Betahistine Stemetel Moduretic Vitamin D Magnesium Span K (because of Moduretic)

70

- Q1
 - Yes
- Q2
 - Left ear
- Q3
 - Yes, in my right ear
- Q4

Survey: Pulsatile Tinnitus with Meniere's Disease

- Yes
- Q5
 - Serc and Stemitel
- Q6
 - Serc (Betahistine)
- 69
 - Q1
 - Yes
 - Q2
 - Right ear
 - Q3
 - Yes, in my right ear
 - Q4
 - Yes
 - Q5
 - Betahistine Cinnarizine Flunarizine Prochlorperazine maleate Ondanestron Dexamethasone intratympanic injection
 - Q6
 - Flunarizine Prochlorperazine maleate
 - Q7
 - Pulsatile tinnitus is intermittent. Other tinnitus is permanent but certain frequencies vary in volume.
- 68
 - Q1
 - Yes
 - Q2
 - Left ear
 - Q3
 - Yes, in my left ear
 - Q4
 - Yes
 - Q5
 - Serc
 - Q6
 - None
- 67
 - Q1
 - Yes
 - Q2
 - Left ear
 - Q3
 - Yes, in my left ear
 - Q4
 - No
 - Q5
 - Serc, nausafix, ondansteron
 - Q6
 - Serc, nausafix, ondansteron
 - Q7
 - Symptoms always worse in spring and when fatigued
- 66
 - Q1
 - Yes
 - Q2
 - Left ear

Survey: Pulsatile Tinnitus with Meniere's Disease

- Q3
 - No
- Q4
 - No
- Q5
 - Serc
- Q6
 - Cinnazarinne (Stugeron)
- Q7
 - I've lowered my dosage from 3 a day to one day, over a 2 year period. I'm reconsidering taking 2 a day because, while I haven't had an attack since taking this medication, my balance has gotten worse. I'll be seeing my neurologist in November to discuss.

65

- Q1
 - Yes
- Q2
 - Right ear
- Q3
 - No
- Q4
 - No
- Q5
 - Currently still taking Dithiazide 1/2 tablet every second day
- Q6
 - Dithiazide half a tablet every second day
- Q7
 - Currently on low sodium diet and no caffeine

64

- Q1
 - Yes
- Q2
 - Left ear
 - Right ear
- Q3
 - Yes, in my left ear
 - Yes, in my right ear
- Q4
 - No
- Q5
 - Stemitil PRN Prednisone Diuretic (can't remember name) Antihistamine (can't remember name)
- Q6
 - Stemitil PRN only. 5-10mg. Maybe once a month now. Has been more frequent in the past.
- Q7
 - Meniers for approx 50 years. Deaf in Lt ear 20 plus years. Sudden onset deafness in Rt ear Aug 22. Low salt diet had no effect on symptoms. No medication was effective. Food does not seem to be a trigger including chocolate. I stopped smoking 20 weeks ago , no change in symptoms. Deafness rt ear fluctuates. Vertigo decreasing in frequency.

63

- Q1
 - Yes
- Q2

Survey: Pulsatile Tinnitus with Meniere's Disease

- Left ear
 - Right ear
- Q3
 - Yes, in my right ear
- Q4
 - Yes
- Q5
 - Betahistane
- Q6
 - None
- Q7
 - I have tinnitus in both ears, and the sound is different in both ears. The left is a constant high pitched ringing. The right is two sounds on top of each other: a high pitched ringing with a lower pitched whooshing sound in sync with my heartbeat.

62

- Q1
 - Yes
- Q2
 - Left ear
- Q3
 - Yes, in my left ear
- Q4
 - Yes
- Q5
 - Serc, Moduretic, Cinnarizine (Stugeron). No longer taking these medications. Stemetil when needed.
- Q6
 - Stemetil when needed.
- Q7
 - Pulsatile tinnitus presented 6 to 7 years ago along with a high pitched tinnitus sound which had been present since around 2005. The pulsatile tinnitus used to increase a week prior to a Menieres attack (vertigo). It would then subside and build up again over a period of 4 to 6 weeks. After endolymphatic sac surgery in December 2019 the pulsatile tinnitus and high pitched tinnius are present ie. The sounds do not go away and the pulsatile tinnitus can be quite loud and disturbing.

61

- Q1
 - Yes
- Q2
 - Left ear
- Q3
 - Yes, in my left ear
- Q4
 - No
- Q5
 - Betahistine, stemetil, moduretic
- Q6

60

- Q1
 - Yes
- Q2
 - Right ear
- Q3

Survey: Pulsatile Tinnitus with Meniere's Disease

- Yes, in my left ear
- Q4
 - No
- Q5
 - Betahistine Stemitil Steroids Steroid injections Methotrexate
- Q6
 - Betahistine Methotrexate
- Q7
 - I would be very interested in finding out how many MD patients are being treated with immunosuppressants and how long they have been on the treatment for.

59

- Q1
 - Yes
- Q2
 - Left ear
- Q3
 - Yes, in my left ear
- Q4
 - Yes
- Q5
 - Betahistine
- Q6
 - Nonne
- Q7
 - My tinnitus has changed the noise was like a huge ocean, now like my heart beat

58

- Q1
 - Yes
- Q2
 - Right ear
- Q3
 - Yes, in my right ear
- Q4
 - Yes
- Q5
 - Prednisolone, Hygroton,
- Q6
 - Prednisolone, Hygroton, Golden Seal
- Q7
 - I've found that Golden Seal helps with my tinnitus. Pulsatile tinnitus sure is annoying. I've suffered with chronic tinnitus and an overlapping pulsatile tinnitus for four and a half months. I've recently had a collar tube fitted with a dexamethasone injection through that. My vertigo and nausea attacks are abating, but the fullness feeling and tinnitus remain. Golden Seal is the best thing I've found so far to help me. Very expensive though. Thanks.

57

- Q1
 - Yes
- Q2
 - Right ear
- Q3
 - Yes, in my right ear
- Q4

Survey: Pulsatile Tinnitus with Meniere's Disease

- No
- Q5
 - SERC Valium Moxicam
- Q6
 - Same as previous

56

- Q1
 - Yes
- Q2
 - Right ear
- Q3
 - No
- Q5
 - Serc
- Q6
 - Serc
- Q7
 - I actually have Menieres in both ears - hearing aids in both.

55

- Q1
 - Yes
- Q2
 - Left ear
- Q3
 - Yes, in my left ear
- Q4
 - No
- Q5
 - None
- Q6
 - None

54

- Q1
 - Yes
- Q2
 - Left ear
 - Right ear
- Q3
 - Yes, in my right ear
- Q4
 - No
- Q5
 - Betahistine Methotrexate Stemzine
- Q6
 - None
- Q7
 - Pulsatilla tinnitus approx Feb 2022-June 2023 along with it my ear acted as a 'theremin' I could initiate sound by moving my hand close to and away from my ear. Thankfully it has turned off!

53

- Q1
 - Yes
- Q2
 - Left ear
 - Right ear

Survey: Pulsatile Tinnitus with Meniere's Disease

- Q3
 - No
- Q4
 - No
- Q5
 - Betahistine
- Q6
 - Betahistine
- Q7
 - I have 24/7 tinititus in both ears but it doesn't pulsate

52

- Q1
 - Yes
- Q2
 - Right ear
- Q3
 - Yes, in my right ear
- Q4
 - No
- Q5
 - Serc Setear Moduretic Amyltryptaline with my vestibular migraines Stemetil Ondanasten
- Q6
 - All except the Serc

51

- Q1
 - No
- Q2
 - Left ear
- Q3
 - Yes, in my left ear
- Q4
 - Yes
- Q5
 - Nil
- Q6
 - Nil
- Q7
 - Have had vestibular neuritis in left ear

50

- Q1
 - Yes
- Q2
 - Right ear
- Q3
 - Yes, in my left ear
- Q4
 - Yes
- Q5
 - Serc Ginkgo
- Q6
 - Serc Ginkgo
- Q7
 - I drink more water now than before I was diagnosed with Menieres

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Survey: Pulsatile Tinnitus with Meniere's Disease

- Q1
 - Yes
- Q2
 - Left ear
- Q3
 - No
- Q4
 - No
- Q5
 - Serc, Moduretic.
- Q6
 - Serc, Moduretic.

48

- Q1
 - Yes
- Q2
 - Left ear
- Q3
 - Yes, in my left ear
- Q4
 - No
- Q5
 - Serc, Diathiazide, promethazine, stemetil, ondansetron
- Q6
 - Serc, Diathiazide, promethazine, stemetil, ondansetron
- Q7
 - I usually get the pulsatile tinnitus when I'm going through a cluster.

47

- Q1
 - Yes
- Q2
 - Left ear
 - Right ear
- Q3
 - No
- Q4
 - No
- Q5
 - Serc, Lasix, Eldrypl & Stemitel
- Q7
 - Have to be very careful with my diet and avoid the following foods, Dairy products, especially cheese & yogurt, salt, chocolate, gravy & sauces, wine & all alcohol, & caffeinated tea & coffee. When my Meneiers is bad I kept a diary listing all foods that activate my vertigo attack, but at present have been in remission for 2 & 1/2 years, with only 3 mild attacks, but my specialist said it is very rare for older people to remain for a long period in remission.

46

- Q1
 - Yes
- Q2
 - Right ear
- Q3
 - Yes, in my right ear
- Q4
 - No

Survey: Pulsatile Tinnitus with Meniere's Disease

- Q5
 - Magnesium Ginkgo
- Q6
 - Magnesium Ginkgo
- Q7
 - It randomly happens. When it happens my speech is also affected

45

- Q1
 - Yes
- Q2
 - Right ear
- Q3
 - Yes, in my left ear
- Q4
 - No
- Q5
 - Serc, Diuretics and clonazepam
- Q6
 - Serc, diuretics and Clonazepam. I forgot to add on the last screen for previous meds was also steroids
- Q7
 - I get all sorts of varying sounding tinnitus. Some days some are louder than others and mostly in my Ménière's right ear and some sounds are just constant now.

44

- Q1
 - Yes
- Q2
 - Left ear
- Q3
 - Yes, in my left ear
- Q4
 - Yes
- Q5
 - SERC, 10 YEARS
- Q6
 - SERC
- Q7
 - Tinnitus 24/7 Pulsatile night only, Probably 3 nights a week.

43

- Q1
 - Yes
- Q2
 - Left ear
- Q3
 - Yes, in my left ear
 - Yes, in my right ear
- Q4
 - No
- Q5
 - Just started dithiazide
- Q6
 - Dithiazide 25mg daily
- Q7

Survey: Pulsatile Tinnitus with Meniere's Disease

○ Pulsatile seems more frequent on bending down.

42

- Q1
 - Yes
- Q2
 - Right ear
- Q3
 - No
- Q4
 - No
- Q5
 - Serc, stemitel
- Q6
 - Serc, stemitel

41

- Q1
 - Yes
- Q2
 - Right ear
- Q3
 - Yes, in my right ear
- Q4
 - Yes
- Q5
 - Serc Valium Stemetil Ginkgo biloba Just started PEA
- Q6
 - Serc Valium and stemetil when I have vertigo Ginkgo biloba Just started PEA for chronic pain and inflammation and it seems to be helping my MD
- Q7
 - Just started PEA for chronic back pain. Hasn't done much for that (specialist said it will take 4-6weeks) but MD symptoms are reduced.

40

- Q1
 - Yes
- Q2
 - Left ear
 - Right ear
- Q3
 - Yes, in my right ear
- Q4
 - Yes
- Q5
 - Serc
- Q6
 - Serc
- Q7
 - Tinnitus is brutal

39

- Q1
 - Yes
- Q2
 - Right ear
- Q3
 - Yes, in my right ear
- Q4

Survey: Pulsatile Tinnitus with Meniere's Disease

- Yes
- Q5 Betahistine Telfast Rhinocort nasal spray
- Q6 Betahistine Telfast
- Q7 The tinnitus does fluctuate in volume but always pulsatile. I do have mucous in my nasal passages

38

- Q1 Yes
- Q2 Left ear
 Right ear
- Q3 No
- Q4 No

37

- Q1 Yes
- Q2 Right ear
- Q3

No

- Q4 No
- Q5 Serc
- Q6

36

- Q1 Yes
- Q2 Right ear
- Q3 No
- Q4 No
- Q5 Tried so manyand they did not work . I gave up . Recently had gentamicin injection . Now working on regaining some balance . Have always ignored my tinnitus . Only hear it if all is quiet and I think about it .
- Q6 Nil now . I gave up trying .
- Q7 I am most grateful for the staff at Menieres Support Group Sydney , for their support and advice , especially Dizzy Lizzie .

35

- Q1 Yes
- Q2 Right ear
- Q3 Yes, in my left ear

Survey: Pulsatile Tinnitus with Meniere's Disease

- Q4
 - Yes
- Q5
 - Diuretic and stemetil
- Q6
 - diuretic and stemetil

34

- Q1
 - Yes
- Q2
 - Left ear
 - Right ear
- Q3
 - Yes, in my left ear
 - Yes, in my right ear
- Q4
 - Yes
- Q5
 - Betahistine Procalm Prednisone Valium
- Q6
 - Only when needed procalm
- Q7
 - Unfortunately no medication has helped my hearing or tinnitus

33

- Q1
 - Yes
- Q2
 - Left ear
- Q3
 - Yes, in my left ear
 - Yes, in my right ear
- Q4
 - No
- Q5
 - Serc Lorazepam Cinnarizine Odanstetron Stemetil Diuretics (unsure of the name)
- Q6
 - Serc Lorazepam Ondansteron Cinnarizine
- Q7
 - I don't necessarily get MD attacks along with the pulsate tinnitus, it can happen in an isolated way

32

- Q1
 - Yes
- Q2
 - Left ear
- Q3
 - No
- Q4
 - No
- Q5
 - Stemetil. Diuretic. Serc. Prednisone. Acyclovir. Gentamicin.
- Q6
 - nil.
- Q7

Survey: Pulsatile Tinnitus with Meniere's Disease

- **Forced hearing loss due to gentamicin increased my tinnitus from a couple of noises to at least 5 distinguishable sounds. None pulsative.**

31

- Q1
 - Yes
- Q2
 - Left ear
- Q3
 - No
- Q5
 - Serc, Setear
- Q6

30

- Q1
 - Yes
- Q2
 - Left ear
 - Right ear
- Q3
 - Yes, in my left ear
 - Yes, in my right ear
- Q4
 - No
- Q5
 - Stemetil 5mg Zofran 4mg
- Q6
 - Nil
- Q7
 - I have bilateral fibromuscular dysplasia of the carotid artery

29

- Q1
 - Yes
- Q2
 - Right ear
- Q3
 - Yes, in my left ear
- Q4
 - Yes
- Q5
 - Betahistine 16mg, 2 tablets three times daily Diathiazide 25mg, once daily
- Q6
 - Betahistine 16mg, 2 tablets three times daily Diathiazide 25mg, once daily

28

- Q1
 - Yes
- Q2
 - Right ear
- Q3
 - No
- Q4
 - No
- Q5

27

- Q1
 - Yes

Survey: Pulsatile Tinnitus with Meniere's Disease

- Q2
 - Right ear
- Q3
 - Yes, in my right ear
- Q4
 - Yes
- Q5
 - Serc, moduretic, metoclopramide, ondastron,
- Q6
 - Nil
- Q7
 - I have intercranial Hypertension treated with vp shunt and brain stents. Jugular vein compression

26

- Q1
 - No
- Q3
 - Yes, in my left ear
 - Yes, in my right ear
- Q4

25

- Q1
 - Yes
- Q2
 - Left ear
 - Right ear
- Q3
 - No
- Q4
 - No

24

- Q1
 - Yes
- Q2
 - Left ear
- Q3
 - Yes, in my left ear
- Q4
 - Yes
- Q5
 - Serc,moduretic
- Q6
 - Nil,just low salt diet
- Q7
 - My left ear only pulsates,when I lay on my left ear

23

- Q1
 - Yes
- Q2
 - Left ear
- Q3
 - Yes, in my left ear
- Q4
 - Yes
- Q5

Survey: Pulsatile Tinnitus with Meniere's Disease

- Serc, stemetil, Valium
- Q6
 - None

22

- Q1
 - Yes
- Q2
 - Right ear
- Q3
 - Yes, in my right ear
- Q4
 - No
- Q5
 - Stemetil Serc
- Q6
 - Stemetil
- Q7
 - Condition occurs occasionally, when affected ear is blocked.

21

- Q1
 - Yes
- Q2
 - Left ear
- Q3
 - Yes, in my left ear
- Q4
 - Yes
- Q5
 - Moduretic Serc Stemetil (as needed) Valium (as needed)
- Q6
 - Moduretic Betahistine Diazepam Stemetil
- Q7
 - The pulsating intensifies when exercise. Sometimes I also get a long overpowering high pitched tone which is usually in the lead up to a vertigo attack.

20

- Q1
 - Yes
- Q2
 - Left ear
- Q3
 - No
- Q5
 - Serc, Moduretic
- Q6

19

- Q1
 - Yes
- Q2
 - Left ear
 - Right ear
- Q3
 - Yes, in my left ear
 - Yes, in my right ear

Survey: Pulsatile Tinnitus with Meniere's Disease

- Q4
 - No
- Q5
 - Serc, moduretic
- Q6
 - Nil
- Q7
 - MD for 30 plus years. 2 CIs. Poor balance. Occasional tinnitus

18

- Q1
 - Yes
- Q2
 - Right ear
- Q3
 - Yes, in my right ear
- Q4
 - No
- Q5
 - Serc, Setear, meclazine, Valium
- Q6
 - Setear,
- Q7
 - Only had pulsatile tinnitus after havibg a grommet installed.

17

- Q1
 - Yes
- Q2
 - Left ear
 - Right ear
- Q3
 - No
- Q5
 - SERC only. Stopped taking it 6 months ago, after 7 years.
- Q6
 - Nothing.
- Q7
 - I hear music of different kinds in my left ear (my worst for hearing) sometimes male voice choirs, sometimes music only.

16

- Q1
 - Yes
- Q2
 - Left ear
- Q3
 - Yes, in my left ear
- Q4
 - No
- Q5
 - Serc - Betahistine, Stemetil, Maxolon
- Q6

15

- Q1
 - Yes
- Q2
 - Right ear

Survey: Pulsatile Tinnitus with Meniere's Disease

- Q3
 - No
 - Q4
 - No
 - Q5
 - serc
 - Q6
 - nil
- 14**
- Q1
 - Yes
 - Q2
 - Left ear
 - Q3
 - Yes, in my left ear
 - Yes, in my right ear
 - Q4
 - Yes
 - Q5
 - Moduretic, Betahistine, Stemetil, Ondansetron, steroid injections
 - Q6
 - Moduretic, Bethistine, last steroid injection 1 month ago, occasionally Stemetil
 - Q7
 - I experienced very loud pulsatile tinnitus for several weeks/months in my left ear. It began 2 weeks post covid. The vertigo started a few weeks after the pulsatile tinnitus began. The PT has subsided mostly but it is still faintly audible. It has occurred only occasionally on the right side.
- 13**
- Q1
 - Yes
 - Q2
 - Left ear
 - Right ear
 - Q3
 - No
 - Q4
 - No
 - Q5
 - Natrilix SR Stugeron Gingko Zofram
 - Q6
 - Natrilix SR. Every day Gingko. Every day Stugeron zofram when needed
 - Q7
 - I find the tinnitus is minimal when wearing my hearing aid and transmitter. I use a white noise generator at night
- 12**
- Q1
 - Yes
 - Q2
 - Left ear
 - Q3
 - Yes, in my right ear
 - Q4
 - No
 - Q5
 - Serc Urea Stemetil Inderal Moduretic Vitamin B Forte

Survey: Pulsatile Tinnitus with Meniere's Disease

- Q6
 - Moduretic Span K
- Q7
 - I have found I get the pulse sound in my right ear if my head is not elevated on 2 pillows

11

- Q1
 - Yes
- Q2
 - Right ear
- Q3
 - Yes, in my right ear
- Q4
 - Yes
- Q5
 - Betahistine Verapamil Lorazepam Prednisalone
- Q6
 - Betahistine Verapamil Lorazepam prn
- Q7
 - Barometric pressure

10

- Q1
 - Yes
- Q2
 - Left ear
- Q3
 - Yes, in my left ear
- Q4
 - Yes
- Q5
 - betahistine and stemetil
- Q6
 - nothing at present
- Q7
 - bouts of dizziness and nausea that go on for weeks are very debilitating especially when you have a full time and very demanding job.

9

- Q1
 - Yes
- Q2
 - Right ear
- Q3
 - Yes, in my right ear
- Q4
 - No
- Q5
 - Betahistine 16mg x 6 per day Stemetil as needed
- Q6
 - Betahistine 16mg x 6 per day Stemetil as needed
- Q7
 - The pulsatile tinnitus usually happens when I am laying down; or if I am bending over to tie shoe laces for example

8

- Q1
 - Yes

Survey: Pulsatile Tinnitus with Meniere's Disease

- Q2
 - Left ear
- Q3
 - Yes, in my left ear
- Q4
 - No
- Q5
 - Serc Stemitil
- Q6
 - None
- Q7
 - I also have taken diuretic for menieres I forgot to include that. I worry about pulsatile tinnitus

7

- Q1
 - Yes
- Q2
 - Left ear
- Q3
 - Yes, in my right ear
- Q4
 - No
- Q5
 - Serc
- Q6
 - Serc

6

- Q1
 - Yes
- Q2
 - Left ear
- Q3
 - Yes, in my left ear
- Q4
 - Yes
- Q5
 - diathiosid, serc and ginko bilobo (not a medication but was said to help with tinnitus - it didn't)
- Q6
 - diathiosid
- Q7
 - It is a constant hissing noise, be great to find a way to stop it

5

- Q1
 - Yes
- Q2
 - Left ear
- Q3
 - No
- Q4
 - No

4

- Q1
 - Yes
- Q2

Survey: Pulsatile Tinnitus with Meniere's Disease

- Left ear
- Q3
 - Yes, in my right ear
- Q4
 - No
- Q5
 - Sturgeron, Moduretic, Stemetil
- Q6
 - Nil
- Q7
 - I've been on a very strict minimal salt diet (less than 139 mg / 100 grams) and now suffer from fatigue and lack of energy and doctor is getting worried on how low my sodium levels are. A catch 22 because no episodes for 2 years after 21/2 years on the diet and no chocolate, coffee and alcohol.

3

- Q1
 - Yes
- Q2
 - Right ear
- Q3
 - No
- Q4
 - No
- Q5
 - Betahistine Diuretic Gingko
- Q6
 - Betahistine Diuretic Gingko

2 No info

1

- Q1
 - Yes
- Q2
 - Left ear
- Q3
 - Yes, in my right ear
- Q4
 - No
- Q5
 - Serc and Stemetil
- Q6
 - Not taking medication for Ménière's disease
- Q7
 - The pulsating tinnitus lasted a few months and to date I have had no further tinnitus in the good ear