

Meniere's disease can be stabilised

Meniere's disease is a disorder of the inner ear that affects a person's hearing and balance. The disease is named after the French physician Prosper Meniere who discovered it in 1861. People with Meniere's disease have an excessive amount of fluid in the inner ear.

The cause of the disease is still unknown, but it's believed to be due to heredity, a high level of fluid in inner ear, brain injury and some immune diseases. Psychological factors, stress, smoking and alcohol consumption can also bring about the disease.

The symptoms from Meniere's disease vary. During an attack, the victim usually feels giddy when looking down from a high place, experiences a ringing or buzzing feeling in the ear or fluctuating loss of hearing. Sometimes the attack is predictable and the dizziness can last from a few minutes to hours. The reoccurrence and severity of the disease vary and is devastating sometimes. Immediate treatment to control the disease is important, even though there is no sure cure for it. However, different treatments are recommended. These include diet control, medication and surgery. To reduce the disease's severity, sufferers should consume less sodium, take medicines that help them urinate more often and relaxants to reduce pressure on peripheral blood vessels. Surgery may be recommended if diet control and medication fail to control the disease. Operations involve opening up the nerve slightly and planting a bag or pouch, containing a liquid or air, in the opening. But this kind of surgery is recommended only for people who are losing their hearing.

It's important that medical advice is sought before taking treatments of any kind. A healthy lifestyle and dietary habit are also essential to stabilising this disease.