

MEDIKERI'S SUPERSPECIALITY ENT CENTER

MENIERE'S DISEASE: LIFESTYLE MODIFICATIONS & TRIGGER MANAGEMENT

Understanding Your Triggers

Meniere's disease affects the inner ear and can cause episodes of vertigo, tinnitus, and hearing loss. Managing triggers can help reduce the frequency of attacks.

Common Triggers:

- **Dietary Triggers:** High salt intake, caffeine, alcohol, monosodium glutamate (MSG).
- **Fluid Retention:** Excess fluid buildup in the inner ear due to dietary or hormonal factors.
- **Stress & Anxiety:** Emotional distress can trigger episodes.
- **Changes in Barometric Pressure:** Weather fluctuations can contribute to symptoms.

Lifestyle Modifications:

1. **Adopt a Low-Sodium Diet**
 - Limit processed and salty foods.
 - Drink adequate water to maintain fluid balance.
2. **Manage Stress & Anxiety**
 - Engage in relaxation techniques (meditation, deep breathing, mindfulness).
 - Seek professional counseling if needed.
3. **Regulate Fluid Balance**
 - Avoid caffeine and alcohol, which can worsen symptoms.
 - Maintain consistent hydration levels.
4. **Avoid Sudden Head Movements**
 - Stand up slowly to prevent dizziness.
 - Avoid rapid changes in head position.
5. **Use Hearing Protection & Reduce Stimulants**
 - Protect ears from loud noises.
 - Limit screen time and avoid excessive visual stimuli.