

What Did You Say?

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Travel Information

Concerned about travelling with Ménière's disease or hearing loss? Here are some suggestions to take the anxiety out of travel.

- Arrive early and inform the agent that you are hearing impaired and may not hear the boarding announcement. Request that in-transit announcements be communicated to you in person. Or if you have balance issues and use a walker or other aid, request early boarding.
- At security checkpoints if the screening process is unclear, ask the security officer to look directly at you and repeat the information slowly. Inform her/him of your

disability.

- It is not necessary to remove your hearing aids or the exterior component of a cochlear implant at security checkpoint. According to otolaryngologists and otolaryngology surgeons, hearing devices such as hearing aids, cochlear implants, external components of cochlear implants, and middle ear implants are not affected by X-ray inspection or the walk-through or hand-held metal detectors. You may need a letter from your cochlear implant surgeon stating that you do have an internal implant that will set off the alarm.
- If you are concerned



Enjoy travelling!

with the walk-through metal detector, ask for a full body pat-down and a visual and physical inspection of the exterior component while it remains on your body.

- If you use a hearing dog, you both will remain together at all times while going through the security checkpoint.

Staying at a Hotel

Most major hotel websites list their amenities and reservations may be made over the Internet. They may also offer TTY reservation services. A TTY is a telephone device used with the telephone for communication between deaf, hard of hearing and hearing persons.

When making your reservation, inquire about visual or vibrating alerting devices, as advance arrangements may be necessary. When you register, ask what is available. Visual or vibrating alerting devices are usually free.

Inform the hotel recep-

tionist you are hearing impaired. This is important in case of an emergency.

You may also wish to purchase travel alert door knock alarms, vibrating alarms or other portable items to take with you as you travel, as well as for use at home.

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SPECIAL POINTS OF INTEREST:

- *Travelling With Ménière's*
- *Poetry & Recipes*
- *Eating Low Sodium*
- *Vincent Van Gogh*
- *Facebook*
- *Temporal Bone Registry*

Travelling with Your Service Animal

- Inform the security officer that the animal accompanying you is a service animal and not a pet. This will allow you to move to the front of the screening line.
- It is required to carry appropriate identification or other credible assurance that the passenger is using the animal for disability purposes.
- At no time during the

screening process will you be required to be separated from your service animal.

- You must assist with the inspection process by controlling your service animal.
- Advise the security officer how you and your dog can best achieve screening when



Travel with confidence!

going through the metal detector as a team (i.e., walking together or with the service dog walking in front of or behind you.)

- If the metal detector alarm sounds, either you or your dog must submit to additional screening.

Poetry Book from Our Hearts

We are in the process of compiling writings from people with Ménière's disease and other vestibular disorders. The contents of the book, *"Musings from the Invisible"* are often about the experience of living with Ménière's, vertigo or tinnitus. But they also include prose and poetry about every day events in our lives. The books will be available for sale online soon.

All proceeds will go to benefit Meniere's Resources.

Thanks to those who have contributed their writing and to the people who have compiled and edited.

We hope the book will be bought for family and friends another way of increasing public awareness and understanding about this "invisible" disease.

Check out our **Meniere's Store** in the meantime at www.shopmenieresresources.higpowersites.com/ We have notecards, keychains, pins, magnets, DVDs, crafts, one of a kind specialty items, artwork, and a packet of laminated cards for those with hearing loss to carry in your car, wallet or post in your office.

Cookbook Project Needs HELP!

Meniere's Resources wants to put together a cookbook helpful to those who are on low sodium diets and also gluten free diets.

We have a volunteer to help coordinate the project, but she needs helpers! We also need submissions of recipes that fit these categories.

All kinds of recipes are needed, from appetizers and beverages to desserts and snacks. Vegeta-

bles, salads, main dishes, side dishes, breads, rolls, candy, pickles, jellies, fruit dishes and vegetarian main dishes are to be included.

If possible, include the sodium content per serving. Be sure to note if you are using low sodium canned goods, or if they are to be drained and rinsed.

If you can help out by doing some contact work by email or

researching the internet for cookbook publishing information, or if you can proofread recipes, retype if necessary, verify ingredients and help set up the layout of the book, let us know.

If you have recipes that you love and are tasty in spite of low sodium or being gluten free (smile), please email us at info@menieresresources.org.

Eating a Low-Salt Diet

A common way to combat Ménière's is to eat less salt. Salt contains sodium, which makes your body hold excess fluid. Because Ménière's may be due to fluid buildup in the inner ear, a low sodium diet is often recommended by otolaryngologists. Your doctor can tell you how many milligrams (mg) of sodium are okay to eat each day. A common recommendation is to limit between 1,000 to 2,000 mg each day.

You may think you already eat a low-salt diet. However, even if you never pick up a salt-shaker, you're probably eating more salt than you ever imagined. Many processed foods

contain large amounts of salt to help preserve them and make them taste better. **READ LABELS CAREFULLY** before buying packaged foods, particularly canned foods.

Don't add salt to food when you're cooking. Season foods with herbs, lemon, garlic and onion instead.

Choose low-salt snacks such as no-salt pretzels, air-popped unseasoned popcorn or low-fat frozen yogurt.

Avoid condiments high in sodium such as mustard, relish, ketchup, soy sauce and Worcestershire sauce.

Avoid foods that are pickled, smoked, in brine or broth.

If you buy antacid tablets, choose a sodium-free brand.

Certain toothpastes, mouthwashes, and medications have salt added. Ask your pharmacist to recommend low-salt substitutes.

See healthyheartmarket.com for delicious alternative foods.

Eating at a restaurant can be particularly challenging. Salads served with vinegar and oil are a good choice. Ask for your meat to be served unseasoned. Request no salt on your French fries (although they may come already salted when they are frozen.) Choose fresh vegetables and fruits. Avoid soups.

Reducing the Fluid

Certain medications help reduce the fluid pressure in the inner ear that leads to symptoms. No medication will cure Mé-

Medications that help manage symptoms.

nière's, and no medication is right for everyone. You and your doctor can work together to choose the most

effective medication regimen for you.

Diuretics rid your body of excess fluid. Because diuretics may also make your body lose potassium, your doctor may prescribe potassium supplements.

Van Gogh had Ménière's?

Artist Vincent Van Gogh may have suffered from Ménière's disease. A medical report published in a 1990 edition of The Journal of American Medical Association says Van Gogh displayed symptoms of dizziness in his artwork, such as in the painting *A Starry Night*.

Although the Dutch painter was self-diagnosed with epilepsy and

committed himself to a lunatic asylum, he kept meticulous journals of his symptoms. He described in letters how he heard strange sounds (tinnitus) and had violent attacks of vertigo that lasted for days.

It is also said that Van Gogh cut off one of his ears before he ended his life.



A Starry Night

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*People
Helping
People*

**We're on
Facebook!**

Join our cause, post on our wall, and recruit others to join! We are all about increasing public awareness and this is an easy way to do it. You will find us at:

**Support those with
Meniere's Disease & other
vestibular (balance)
disorders**

www.facebook.com

Meniere's Resources, Inc. is a non-profit, educational and charitable organization under section 501c3 of the Internal Revenue Service Code. We have the goals of raising public awareness and understanding about Ménière's Disease and providing support and encouragement to those suffering from Ménière's or other vestibular disorders.

Temporal Bone Registry

Give the gift of hearing and balance!

Why is temporal bone donation so important? The collection and study of well-documented pathological human temporal bones is essential for continued progress in elucidating diseases processes of hearing, balance, and facial nerve function, for validation of clinical diagnoses during life, and to assess the efficacy of medical and surgical treatment. Because the structures of the auditory and vestibular (balance) system are

inaccessible during life, the only way to study their anatomy is by examining the temporal bone after death.

If you have hearing loss, a balance problem, or facial nerve paralysis, you can help find new treatments and cures for ear problems by donating your temporal bones to scientific research.

This could assist in finding effective treatment or cures for Ménière's Disease, Benign Positional Vertigo (BPV), hearing loss due to aging (presbycusis) and

otosclerosis (boney growth around the bones in the middle ear).

All temporal bone donations come through the NIDCD National Temporal Bone, Hearing and Balance Pathology Resource Registry located in Boston and are then assigned to one of the active collaborating laboratories around the country.

For more information and to learn how to enroll, go to www.tbregistry.org