

What Did You Say?

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Winter Weather Got You Down?

Many sufferers of Ménière's Disease or other vestibular (balance) disorders find that weather changes trigger attacks. Often they can predict a storm front without watching the weather news.

But for those people who want official weather alerts from the National Weather Service, it is a challenge if you have hearing loss.

The NOAA Weather Radio receives warnings, watches, forecasts and other hazard information 24 hours a day. The special-needs NOAA Weather Radio was designed to adapt to the needs of the deaf and hard-of-hearing community. It can be a life saver! It provides visual and vibrating alarms and simple

text readouts.

Three warning lights indicate the level of alert (statement, watch or warning)

Liquid crystal display readout indicates specific warnings such as "Thunderstorm Warning."

Programmable state/county selections screen out warnings for other areas.

Battery operated can be portable at home, work, or traveling.

When an alert is broadcast, a signal activates one of the following accessories—pillow vibrator to wake individuals from sleep, strobe light to alert individuals during waking hours, bed shaker to



Snow headed your way?

shake a bed to wake individuals up.

You can find the NOAA special-needs weather radio at WeatherRadios.com, HomeSafe, Inc., Harris Communications, Inc., and Silent Call Communications Corporation.

See www.nssl.noaa.gov/edu/safety/specialneeds.html for more info and educate yourself on weather safety.

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Special points of interest:

- You can print off this newsletter and share it with others
- You can view old issues on our website
- You can print all of our brochures for free
- Please browse through our Store regularly. New items come available all the time!

Resources Worth Reading

The Center for Hearing Loss Help has several books available that you may order on the Internet. Meniere's Resources does not endorse these books nor receive any portion of the sales.

Go to www.hearinglosshelp.com/

products/books.htm to order:

- "Please Make My World Stop Spinning - The Agony of Meniere's Disease" (\$7.65)
- "Supersensitive to Sound? You May Have Hyperacusis" (\$7.40)
- "When Your Ears Ring! Cope with Your Tinnitus" (\$18.95)
- "Talking with Hard of Hearing People—Here's How to Do it Right!" (\$7.65)



Communicating With Your Doctor

One of the best ways you can take an active part in your healthcare is to have a good relationship with your doctor. That means good communication is key. But since most doctors have limited time, it helps to have a solid approach for making the most of your visits. Your doctor will be able to create a treatment plan for you once he or she has all the information up front.

Keep an updated log of your health history and bring it with you.

This includes past procedures, test results, existing allergies, and all medications, vitamins and/or supplements you are taking.

You might also print off our brochure "Triggers" from the Meniere's Resources website and take it with you to your ENT or neurotologist.

Bring a list of questions with you beforehand. Set priorities for what you want to ac-

complish during your visit and stick to them.

Take notes. That way, you won't ever have to worry about forgetting what your doctor said.

Take a friend along to your appointment.

They may think to ask important questions you do not and can help you remember what your doctor said.

Speak up! Don't be afraid or embarrassed to tell your doctor personal information. Tell them about any health concerns you have and talk about all of your symptoms. Your doctor can't help you unless he or she has all the information.

Demand clarity. If you don't understand something, ask your doctor to clarify in simpler terms. Or ask them to draw a picture. If you think it might help to explain something.

Ask what you can do to maximize your health and healing.

Your doctor will appreciate that you are serious about doing your part.

Ask if your doctor has email and if you can email any additional questions you may have after you leave your appointment.

If you feel rushed, **ask for more time.** If your doctor does not have more time to give you, ask to speak with a nurse or other health assistant. If you still feel like your answers are not being met, consider switching to find another doctor with whom you are more comfortable. Your health is what's most important.



Ask for more time with the doctor, or speak with a nurse or other health assistant.

Take a spouse or friend along to help you remember what your doctor said.

Ask For Help When You Need It

Oftentimes, people with Ménière's Disease, or other vestibular disorders are adverse to asking for help. But everyone needs a helping hand now and then — and who among us isn't grateful to feel needed? So the next time you start to get stuck instead of getting more overwhelmed, practice asking for help with these simple tips. The more you go for it, the easier it will get.

Ask someone you trust. It's usually more comfortable reaching out to a close friend or family member that you know you can count on. Think of the people in your life who make you feel safe. Perhaps they are responsible, kind, caring, conscientious or all of the above. These are the people to get you through.

Don't worry about appearing vulnerable. Needing help is not a

sign of weakness or failure. True strength comes from using all the resources that are available to you. Most times, you'll find that people actually want to help. If you're a little nervous, start your request by saying, "I'm not really comfortable



Don't try to do it all.

Everybody needs help sometime.

asking for help, but I was wondering if you might be able to do something for me."

Be specific.

The person you are asking will be more likely to respond favorably if they know exactly what is required of them. Instead of just telling your boss you need more time on a project, for example, ask if you can extend the deadline three days to really get it right. If you're asking a spouse for more help around the house, give them specific chores that need tending to.

Break it down. If the help you need seems overwhelming and requires multiple hands (such as caring for an

aging family member), try to break the help down into smaller, more manageable tasks. Give each person a little to do, and together you will feel more empowered in accomplishing your goal.

Give back

Remember, you can always return the favor. This can even help build your relationship and strengthen your connection with that person.

People with chronic disorders like Meniere's Disease often report that empathy with others who are ill is a good response to the disorder. Take advantage of that empathy to do something helpful for another person the first chance you get. You will feel better for it, and so will they!



Helping each other gives a boost in self-worth.



Some day you may be able to return the favor. That's a great feeling!

The previous two articles are from CarePages.com

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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 about Ménière's Disease and providing support and encouragement to those suffering from Ménière's or other vestibular disorders.

This support includes participating in research, offering assistance to those family members who are struggling to cope with the changes in our lives when Ménière's strikes. We also hope to help our own physicians better understand what we are going through.

Your tax-deductible donations to further our cause of raising public awareness and help others with this incurable disease are much appreciated.

Although this newsletter is intended to reach out to others and offer support, comfort and advice, it is in no way intended to take the place of examination, diagnosis, opinion, or treatment provided by a licensed and qualified health professional.

Thank You, Meniere's Resources!

Just wanted to say thanks for all of your hard work in making the Meniere's website. After first finding out I had Meniere's Syndrome approximately 15 years ago, I had little or no info on the subject. I had been to numerous doctors, with numerous hearing and medical testing including a "Meniere's" specialist from UC Davis using MRI technology. It was finally confirmed after 7 years of testing that I had "Meniere's Syndrome". I have tried to explain to so many people why

my hearing fluctuates, and why I am not a faker as I have been called, but they still do not seem to understand. I purchased your video and informed my entire family, and when I receive it, we will all watch it together. Please keep up the research! I wish I could donate more, but I have limited income being on disability for Meniere's and bi-lateral tendonitis. Thanks again for your time.

Marlene Liebig
Modesto, California

About the DVD

Meniere's: A Photographic Journey in to the Daily Life of a Meniere's Victim is a DVD slide show running 18 minutes. It uses descriptions of Ménière's symptoms and facts, paired with photography.

The goal of this DVD is to allow those without Ménière's to experience and learn more about this disease and at the same time help those with Ménière's to better explain their symptoms to those around them. There is also white noise in background to represent the intense

intense ringing in the ears also known as tinnitus.

The DVD is available in PAL format as well as NTCS format and is available for worldwide distribution.

This item is only \$10.00 (free shipping) and 100% of the sale is donated to Meniere's Resources. We accept PayPal on our website.

Daniel Pancy is the artist and photographer. He has Bilateral Ménière's Disease and Migraine Associated Vertigo.

www.shopmenieresresources.highpowersites.com/page/5207371.htm