

You may also become a member of Meniere's Resources, Inc. by registering online at [www.menieresresources.org](http://www.menieresresources.org). Basic membership for students and those with vestibular disorders is just \$10. Membership for family and friends is \$25. Professional membership (doctors, audiologists, etc.) is \$50. Patron membership is \$100. All members will receive a packet of information and an email newsletter containing research news, coping tips, and other support information.

We accept credit card payments through PayPal. You may also mail a check or money order payable to Meniere's Resources, Inc. to:

8831 Ditzler Avenue  
Kansas City, MO 64138

Join us at one of our gatherings to share experiences, coping tips, laugh and spend time with others who understand and persevere, and inspire others to do the same.



Check out our growing website at [www.menieresresources.org](http://www.menieresresources.org) for a calendar of events, and plan to attend a group get-together or support group.

You can also find other resources on our website. There you can read our personal stories, and technical articles about other vestibular disorders. There is information about tinnitus retraining, balance therapy, testing, treatments, surgeries, hearing aids and cochlear implants, and links to other resources.

Help become a  
part of the solution.

For more information, please write to:

Meniere's Resources, Inc.  
8831 Ditzler  
Kansas City, MO 64138

Or visit our website at:

[www.menieresresources.org](http://www.menieresresources.org)

Front page artwork by Danny - Wisconsin  
Diagnosed with Ménière's Disease and  
Migraine Associated Vertigo



**People  
Helping People**

**with Ménière's Disease  
and other vestibular  
disorders.**

**Meniere's Resources, Inc.  
is a non-profit organization.**

## What is Ménière's Disease?

Ménière's Disease is a rare, little-understood inner ear disorder.

Ménière's is characterized by whirling and incapacitating vertigo, nausea and vomiting; roaring or seashell-type tinnitus in the affected ear or ears; fluctuating hearing loss with sound distortion and speech discrimination; and fullness and pressure in the ear. These recurring attacks are episodic and may last from an hour to several days.

Over time, both the hearing and vestibular (balance) systems continue to be damaged causing decreased hearing and speech comprehension, unsteadiness and lack of equilibrium, and "brain fog." This decline contributes to increased anxiety and depression.

Every patient is different and the progression of the disease varies for each person. It is not uncommon for the early symptoms to be hearing fluctuation, with fullness, pressure, and tinnitus. These symptoms are unpredictable and life-changing. Some of the symptoms can stop fluctuating and become permanent.

The cause of Ménière's Disease remains unknown. Treatment options often are ineffective or offer temporary relief. There is no cure.

## What can be done?

Meniere's Resources, Inc. is made up of people just like you who lived their lives, enjoyed their families and developed talents and careers.



Suddenly everything turned upside down and our lives changed. Because we do not have a celebrity spokesperson, we have formed Meniere's Resources, Inc. to provide educational assistance and support programs, assisted living options, counseling and coping skills, assisted listening technology, balance and tinnitus rehabilitation, and disability qualifications and discrimination issues.

We have joined together in a grass roots effort to support one another. We have a long-term goal of establishing an assisted living facility for those suffering from vestibular disorders, and to find resources to research a cure.

## How can you help?

Balance is the sixth sense. Doctors know little about the disease and patients are left to struggle on their own without adequate information to make knowledgeable decisions about their treatment and care. In the past we have remained largely silent and isolated – and as a result even our families and friends often do not know how to support us.

### But you can help!

Meniere's Resources, Inc. is a non-profit organization registered in the State of Missouri. You may visit our website at:

**[www.menieresresources.org](http://www.menieresresources.org)**

If you know others who might have Ménière's, give them the gift of compassion and hand them this brochure.

Your tax-deductible contribution will go toward raising public awareness of the need for research and finding a cure. You will be assisting people who are isolated by their hearing loss and lack of ability to drive, walk or hold a job. Your support means people will find coping skills and others "who know how it is." Spouses and family members who see a changed person before them – one who cannot carry on a conversation, cannot attend a concert, cannot drive themselves to the doctor, cannot provide income as they once did, cannot play basketball with their children – will find counseling and strategies to adjust.

