



What Did You Say?

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Meniere's Resources, Inc.

www.menieresresources.org

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Special points of interest:

- * What's going on with Meniere's Resources, Inc.
- * Who was Prosper Ménière?
- * Information about the Meniett device
- * We need your help in adding to our selection of e-cards!

The Ménière's Store Is Up and Running!

You may now visit our new online Ménière's Store from our website, or go directly to <http://www.shopmenieresresources.highpowersites.com/page/page/5207322.htm>.

Meniere's Resources, Inc. has 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. We also want to help the worldwide community understand how to

support us and develop tools to increase awareness of this rare disease. One hundred percent of the sales of items listed in The Store will go directly to help fund Meniere's Resources, Inc. and raise awareness for Ménière's Disease and other vestibular disorders, unless otherwise noted.

Store items may be shipped at different times and may not arrive all at once or in the same package. The reason for this is that many of the items come from all over

the U.S. and will be shipped by the person who has agreed to donate creative work, items, handicrafts, and time to help raise Ménière's awareness. Many of these people have Ménière's Disease themselves or have a friend or family member who has it..

You may use PayPal for your convenience. PayPal checkout will accept credit cards, debit cards, and if you are a member payments from your PayPal account.

Prosper Ménière



Prosper Ménière
1799-1862
Photo courtesy of the Prosper Ménière Society

In 1838, the French physician Prosper Ménière was appointed director of a large deaf-mute institute in Paris, the Institut des Sourds-Muets, and held this position for the rest of his life. He became

particularly interested in diseases of the inner ear, and presented a paper before the French Academy of Medicine in 1861. Ménière was not trying to define a disease in this paper, but wanted to persuade his medical colleagues that symptoms of vertigo, hearing loss, and tinnitus were related and probably caused by a disease of the inner ear. This was a revolutionary and highly controversial concept, which was not well-received by Ménière's

colleagues. In Ménière's time, the ear's function as a balance organ was not known--it was commonly believed that vertigo was akin to epileptic seizures and strokes, and thought to arise from an abnormally high level of blood in the vessels of the brain. The preferred methods of treatment for these ailments were bleeding and leeching methods that, Ménière argued, were more harmful than helpful.

1. Stahle, J. Stahle C., Arenberg I.K. 1978. The incidence of Ménière's Disease. *Arch Otolaryngol.* 104:99-102.

New Research on the Meniett

Rev Laryngol Otol Rhinol (Bord). 2007;128(1-2):33-6.

Middle ear overpressure with Meniett in Ménière's disease: indications, results at short and middle terms in 53 cases

[Article in French]

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OBJECTIVES: To expose the results obtained at short and middle

terms and the tolerance of overpressure treatment with Meniett in Ménière's disease.

MATERIALS AND METHODS: A pressure treatment using Meniett device was initiated for 53 patients suffering of unilateral or bilateral active Ménière's disease, despite medical treatment and physiotherapy.

RESULTS: Retrospective analysis of the data demonstrate i) no complications due to the tympanostomy tube, ii) with a 4 months follow up after the treatment, a total control or reduction of vertigo in respectively 65% and

24.5% of the initially treated patients.

CONCLUSION: The overpressure treatment with Meniett has been well tolerated. It can be repeated in case of recurrence of the symptoms. It is an interesting alternative for the treatment of Ménière's disease.

<http://www.lifestages.com/health/menieres.html>

More About the Meniett

The Meniett device is a new technology that is showing promise as another alternative for management of Ménière's disease. The scientific basis for this device is the principle of managing inner ear fluid. Many studies has shown that there is too much fluid in the inner ear (for many different reasons as discussed earlier) and that the endolymphatic sac is an area that absorbs this fluid when there is an excess.

The Meniett device applies a small amount of pressure to the inner ear at a very fast rate. This has been shown in recent studies to significantly lower the frequency and

severity of vertigo attacks associated with Ménière's disease. It is less effective at controlling hearing loss, tinnitus, or ear pressure. The procedure is initiated by placing tubes in the ear drum. This provides an opening that allows the pressure to reach the inner ear. This is a quick procedure that can often be done in the office. The device is then used for five minutes in the affected ear, three times a day. It is painless, and in fact, most people cannot feel the pressure at all.

The Meniett is manufactured by Medtronic. You can view their website at www.meniett.com.



Peace on Earth

This information is provided for your education. It should not be relied upon for personal diagnosis or treatment. If you believe that a particular therapy applies to you or someone you care about, be sure to consult a doctor before trying it.

Low Sodium Recipe—Apple Cake

SODIUM CONTENT: 11.3 mg per serving

INGREDIENTS

BATTER:

2 c. apples, peeled, cored and finely diced
(about 2 apples)

1 1/2 c. sugar

3/4 c. vegetable oil

1 T. pure vanilla extract

2 eggs, beaten

2 t. Featherweight sodium-free baking powder

2 c. all-purpose flour

1/4 c. orange juice

TOPPING:

1/4 c. sugar

1 t. ground cinnamon

DIRECTIONS:

Preheat oven to 350 degrees. Grease and flour a 10-inch springform pan, then set aside.

For topping, measure sugar and cinnamon into a small bowl. Stir well to combine, then set aside.

For batter, combine oil and sugar in a large bowl, mixing well. Add vanilla and beaten eggs and stir. Stir in apples. Add baking powder and flour, mixing just until combined. Lastly, stir in orange juice. Scrape sides and bottom of bowl, making sure everything is well incorporated. Batter will be thick.

Pour half of the batter into prepared pan and spread until even. Top with half of the cinnamon-sugar mixture, then pour in the second half of the batter, smooth, and top with the remaining sugar mixture. Place on middle rack in oven and bake for 50-55 minutes, until tester inserted in center comes clean. Remove from oven and place on wire rack to cool. Cool fully before sliding a knife gently around outside of cake and removing springform side. Slice and serve.

Check out our **Recipe of the Month** on our website www.menieresresources.org

New Brochures Available at Meniere's Resources, Inc.

We have a collection of eight brochures that are available to you at no charge in Word or a PDF file so you may print them out at your convenience on your home computer. Visit our website and click **Brochures** on the left side panel of the Home Page. The titles include:

- People Helping People
- Help! I Think I Have Ménière's Disease
- Diagnostic Procedures
- Surgical Options
- Tinnitus
- Brain Fog
- Journaling Your Triggers
- Migraine Associated Vertigo

Print your own brochures and help us raise public awareness by passing them on to your friends and family!

Free Ménière's E-cards on the Store!



Ever tried to find a card for the special dizzy person in your life? Want to wish someone a better day, quick recovery from surgery, or just say I am thinking or praying for you?

Meniere's Resources, Inc. is in the process of designing a series of e-cards that you can send to your

very special Ménière's friends. You can register your e-mail address and then access our very unique assortment of cards.

If you would like to suggest an idea for an e-card, submit photos or creative sayings for the cards (funny is good too!), please contact us.

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Visit us on the web!

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.

In the Works

Meniere's Resources has several projects in process. We are working on a new manual on how to make your home Ménière's friendly.

We are continuing to develop more brochures, including Travel Tips and Superior Canal Dehiscence. If you have a topic you have never seen discussed in a brochure, contact us, or if you would like to assist in writing content for that brochure, let us know.

There are a couple of conventions in 2008 that we are exploring the possibility of being exhibitors with a booth for Meniere's Resources. This will require registration fees as an exhibitor and also Liability Insurance.

We have registered as a charity with www.igive.com and www.justgive.org so that you have new options on how to give to Meniere's Resources. iGive allows you to shop online from 685 stores and a percentage of your purchases will be donated to Meniere's Resources and it doesn't cost you a thing! JustGive is a way to donate online similar to PayPal.

We have received sales tax exemption with the State of Missouri which will be helpful in the purchase of software to design

brochures, newsletters, and e-cards, and the purchase of brochure racks and other equipment.

Currently we are exploring another fundraiser with a very different theme (this will be a surprise this summer). Please watch for further details because you will be excited and delighted with the possibilities of this wild and unusual opportunity!

If you are interested in helping create a low sodium Ménière's cookbook, contact us. We would like to include recipes that specify sodium content.

Like to see an article in the e-newsletter? We are looking for authors and editors.

Stay safe and vertigo free in 2008.

