



KAROLINSKA
UNIVERSITETSSJUKHUSET

Mb Menière

Care program

Meniere sjukdom

Vårdprogram

**Hearing & Balance Clinic
University Hospital of Karolinska**

Hörsel- och Balanskliniken
Karolinska Universitetssjukhuset

Stockholm
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VI ÄR EN DEL AV
STOCKHOLMS
LÄNS LANDSTING

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Hearing and balance CLINIC

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Unit for Hearing rehabilitation Adults

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Hearing & Balance Clinic's website www.karolinska.se/horsel

DIAGNOSIS	DEFINITIVE MENIERE'S DISEASE		EVALUATION	
		Two or more definitive spontaneous episodes of vertigo 20 minutes or longer Audiometrically documented hearing loss on at least one occasion Tinnitus or aural fullness in the treated ear Other causes excluded		Dizziness assessment, neurotological status with eye movement analysis videostagmoscopy Hearing evaluation, pure tone and speech audiometry and Auditory Brain Stem response (ABR)
TREATMENT - DIZZINESS	MEASURES		RECOMMENDATION	
	Acute	Meclozine, metoclopramide supp and tabl. Rehydration therapy	Dizziness symptoms are treated acutely with prescription of drugs as needed.	
	Prophylactic	Esidrex, Salures Centyl K Hygroton	Betaserc/Vasmotal	Long term treatment Effect of treatment evaluated after three months. The treatment should end six months after latest dizziness attack. Diuretics can be combined with Betaserc.
	Surgical drainage	Sacculotomy	Patient remitted to ear surgeon	
	Intratympanic	Gentamycin (30 mg/ml)	Clinic's own protocol for treatment and followup	
	Operative	Nerve section	Labyrinthectomy	In case of no response to gentamycin treatment
	Alternative treatments	Antisecretory Factor, SPC-Flakes, Salovum	Intratympanal drainage (TMD) Meniett	Treatment can be started at any phase of the disease
Other treatments	Physiotherapist balance/compensation training - Psychiatrist			
REHAB	Group habilitation	Medicinal, technical, psychosocial and psychological information and discussion about communication. Possibly given for discussion and reflection.		
	Individual contact with	Audiologist (hearing aids)	Paedagogue	Social worker Psychologist
OTHER TESTS	For evaluation of the function of the labyrinth: caloric test, Vestibular Evoked Myogenic Potential (VEMP), Visual Subjective Horizontal (VSH). No pathology in the tests is specifically related to Meniere's disease			

Malted oats - SPC-Flakes . Daily intake 1 g/kg body weight. It is a prophylactic treatment for patients with few dizziness attacks. (T Tomanovics experience)

Egg powder - Salovum can also have a good effect. The effect can be seen already from 1-2 sachets/day (T Tomanovics experience). Can be combined with vestibulosuppressing medicines, e.g. Meclozine or metoclopramide during acute attacks.