DIZZY CLINICS
AUSTRALIA

Meniere's Disease

What is it?

Meniere's Disease (MD) is a condition of the inner ear that causes repeated episodes of vertigo (a spinning sensation), fluctuating hearing loss, tinnitus (ringing), and a feeling of pressure or fullness in one ear. It typically affects adults between 40–60 years of age. MD can affect both ears in up to 1 in 4 cases. While the vertigo may settle over time, hearing loss or tinnitus may persist. MD is quite a rare condition - and you need specialist input for a diagnosis.

Common symptoms

- Sudden episodes of vertigo lasting 20 minutes to several hours
- Hearing loss that fluctuates, especially in the early stages
- Ringing or buzzing in the ear (tinnitus)
- A sense of fullness or pressure in the affected ear
- Unsteadiness, especially after attacks

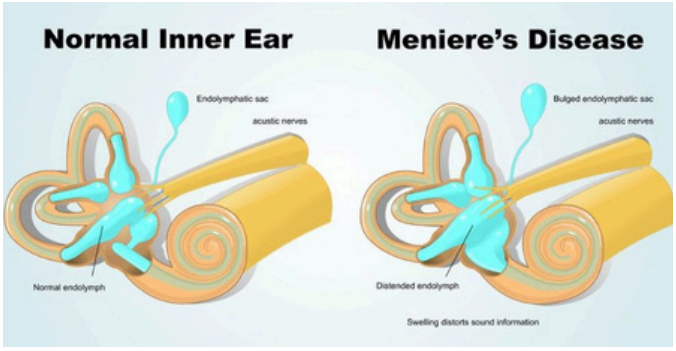
What are the treatments?

There's no cure, but symptoms can often be reduced with:

- Salt and caffeine reduction
- Vestibular rehabilitation
- Medications during acute attacks
- Hearing aids for hearing loss
- Injections or surgery for severe or persistent cases

Why does it happen?

It's thought to be linked to a build-up of fluid in the inner ear, which interferes with balance and hearing signals.
The exact cause is unknown, but it may involve genetic, autoimmune, or environmental factors. It can develop gradually, and symptoms often come and go.

How is it diagnosed?

Diagnosis is based on your clinical history, hearing tests, and ruling out other causes of vertigo. Imaging is sometimes used to exclude other conditions.