

Journaling Symptoms

Keeping track of activities and correlating them to symptoms may lead to helping the person with a vestibular disorder learn how to manage attacks. In addition, this information is crucial to your health care provider in examining the overall picture of your health. This journal will enable the physician to understand if diet, allergies, metabolic issues, hormones, or other health issues are a factor in vertigo and fluctuation in hearing and tinnitus.

If possible, vertigo triggers are tracked over a period of time to discover that eliminating something rather simple may make a big difference in quality of life.

In journaling, an important thing to remember is some vertigo, tinnitus increases, or hearing fluctuations happen for no apparent reason, so don't try to figure out every attack. Just observe and record things and look for possible trends.

Additional triggers besides those listed inside may affect symptoms. Don't limit the list to the ones mentioned here. Examine every aspect of your environment and health.

Disclaimer: *Although this brochure 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.*

How Can You Help?

Visit the Meniere's Resources, Inc. website for more information, personal stories, coping resources, and to become a member or make a donation. Meniere's Resources, Inc. is a non-profit organization registered in the State of Missouri.

www.menieresresources.org

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

Dave Wanner
605 Kevin St.

Paragould, AR 72450

You may also become a member of Meniere's Resources, Inc. by registering online. 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.

Your tax-deductible contribution will go toward raising public awareness of the disease, and the need for research for finding a cure.

For more information, write:

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



Art by Danny Pancy

Triggers

Journaling Your Activities and Symptoms to Help Manage Vertigo Attacks

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is a non-profit organization.**

www.menieresresources.org

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Kansas City, MO 64138

Record:

What you eat and when (note – some reactions may not appear for 24-48 hours)

Medications you take and when

Morning symptoms

Evening symptoms

Stress levels during the day

Possible triggers:

Food allergies: Gluten (wheat & grains)

Dairy

If symptoms usually get worse after eating the same type of meal, then try eliminating that food. Eliminating an allergen should give some relief within a week or two.

Sodium

MSG

Fatigue or sleep deprivation

Flickering lights

Visuals (patterns, movement, store aisles)

Moving or running water

Loud noises or other sounds

Riding in cars

Dental work, jaw pain

Changing head or body position

Migraine or headache

Nicotine

Alcohol

Caffeine

Chocolate

Seasonal allergies

Other inhalant allergies (dust, mold, dander, perfumes, chemicals, etc.)

Other food intolerance or allergies

Weather/barometric pressure changes

Sugar

NutraSweet/artificial sweeteners

Date/Time**Action****Reaction**