

Coping with Ménière's Disease: Other Things You Can Do



Take care of your body and your emotions. Also, educate the people around you about your condition. Talk to your friends and family. The more they know about Ménière's disease, the easier it will be for them to understand what you're going through and to offer help when they can.



Ways for family to cope

Having a loved one with a chronic illness can be challenging. Your loved one will have to make changes in their life. Your own life may change as well. To make the transition easier, try the tips below:

- **Communicate.** Talk about your feelings and concerns, and encourage your loved one to do the same. The more you communicate, the fewer misunderstandings you're likely to have.
- **Support.** Offer your loved one the emotional and physical support they need. But don't be overprotective or controlling.
- **Learn.** Read and ask as much as you can about Ménière's disease. Understanding will help you better cope with your loved one's illness. It will also help you offer appropriate physical and emotional support.

Take care of your body

A healthy body can help you better cope with the challenges of Ménière's disease. In general, eat right and get plenty of sleep. Ask your healthcare provider about a low-salt diet, a water pill (diuretic), or other treatments for the condition.

It's important to keep active by getting regular exercise, but don't get too tired. Exercise can help loosen and strengthen your muscles and keep your body as healthy as possible. If you need them, your healthcare provider may also recommend balance (vestibular) exercises. These specialized exercises may be taught in your provider's office or by a physical therapist. They're designed to help improve your balance and coordination and lessen dizziness. Consider wearing a medical alert bracelet or necklace.

Take care of your emotions

While learning to cope with chronic illness, you may find you have periods of depression, frustration, and fear. These are all normal feelings. Give yourself time to adjust. You can live well and cope with Ménière's disease. But if feelings of depression get worse, don't wait to seek professional help if needed. Stay active—don't let Ménière's disease stop you from living a full, enjoyable life. If possible, stay close to family and friends. Tell them how you're feeling and how they can help you. Explain what they can do during an attack. Having the information will make family and friends feel better able to help and support you. Also spend time with them doing things you enjoy.

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