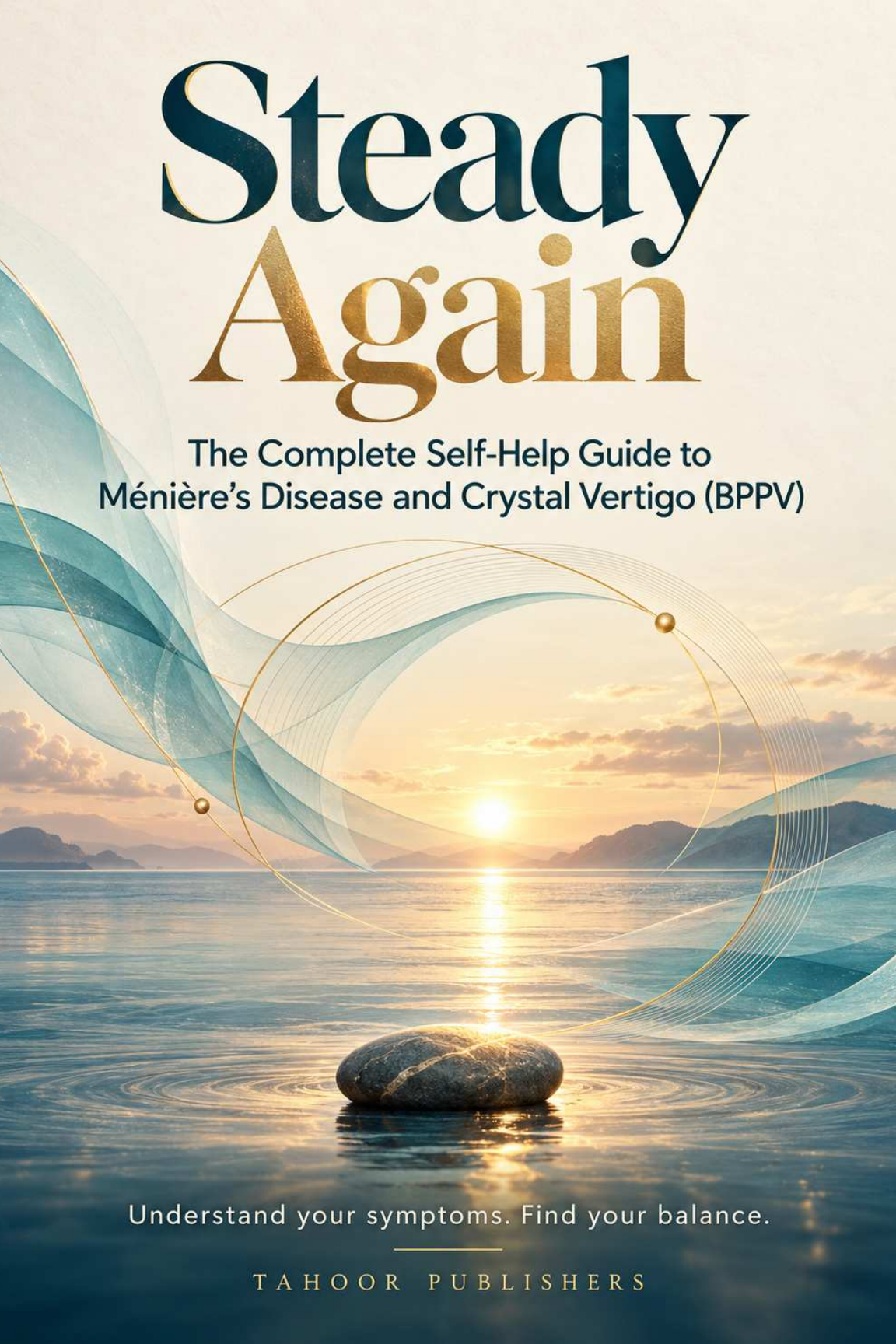




Steady Again

The Complete Self-Help Guide to
Ménière's Disease and Crystal Vertigo (BPPV)

Understand your symptoms. Find your balance.

TAHOOR PUBLISHERS

THE COMPLETE SELF-HELP GUIDE

Steady Again

Ménière's Disease and Crystal Vertigo
(BPPV)

*Proven techniques, modern treatments and daily
strategies to take back your balance*

TAHOOR PUBLISHERS

Steady Again

The Complete Self-Help Guide to Ménière's Disease and Crystal Vertigo (BPPV)

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Before You Begin

Read this page first. It could matter more than everything else in the book.

Dizziness is one of the most common reasons people see a doctor, and one of the most misunderstood. The good news is that the two conditions in this book, crystal vertigo (benign paroxysmal positional vertigo, or BPPV) and Ménière's disease, are inner ear problems. They can be frightening, but they are not life-threatening, and both respond to the right approach.

This book gives you the same knowledge a good balance clinic would share with you over several appointments: how your balance system works, how to tell these conditions apart, the repositioning maneuvers that clear crystal vertigo in minutes, the diet and lifestyle changes that calm Ménière's, every medical and surgical option worth knowing about, and a complete toolkit of plans, checklists and diaries.

WARNING | GET EMERGENCY HELP NOW IF YOUR DIZZINESS COMES WITH ANY OF THESE

- ☒ Sudden weakness, numbness or drooping of the face, arm or leg
- ☒ Slurred speech, confusion or trouble understanding words
- ☒ Double vision or sudden loss of vision
- ☒ A sudden, severe headache unlike any you have had before
- ☒ Inability to stand or walk, even with support, or falling to one side
- ☒ Continuous vertigo lasting hours with any of the above
- ☒ Chest pain, fainting or a racing, irregular heartbeat
- ☒ Call your local emergency number (113 in Norway, 112 across Europe, 911 in the US, 999 in the UK). These can be signs of a stroke, and minutes matter.

WARNING | SUDDEN HEARING LOSS IS ALSO URGENT

If you lose hearing in one ear suddenly, over hours or a day or two, see a doctor within 24 to 72 hours. Sudden sensorineural hearing loss is treated with steroids, and treatment works best when it starts early. Do not wait to see whether it comes back on its own.

How to use this book

- ▣ **Part One** explains your balance system and helps you work out which condition you are dealing with.
- ▣ **Part Two** is all about crystal vertigo (BPPV), with illustrated, step-by-step maneuvers.
- ▣ **Part Three** covers Ménière's disease, from diet to the latest treatments.
- ▣ **Part Four** is about living well: attack plans, rehab exercises, sleep, stress, work and home safety.
- ▣ **Part Five** is your toolkit: a 30-day plan, symptom diary, sodium guide, doctor checklist and glossary.

If you are dizzy right now and already know you have crystal vertigo, go straight to Chapter 4. If you are in the middle of a Ménière's attack, turn to Chapter 13.

FROM THE CLINIC | IMPORTANT

This book is educational. It does not replace a diagnosis or treatment plan from your own doctor, ENT specialist, neurologist or vestibular physiotherapist. Always confirm your diagnosis before starting self-treatment, and never stop or change prescribed medication without medical advice.