You can ‘live well with dizziness’: Polly’s story

A photo of Polly

Polly suffered from Meniere’s disease and then 3pd.

‘(The attacks) would come on with no warning. Suddenly the room would start zooming around my head and all I could do was to lie down on the floor with my eyes shut. If I moved the vomiting would begin. It’s difficult to describe how completely out of control of my body I felt during those vertigo attacks. It was completely terrifying.

The attacks would last for three to four hours and would include the spinning vertigo, sweating then going very cold, vomiting, and what I will politely call bowel urgency.’

Polly now:

‘I have good days and bad days.
On good days I can feel and look almost normal
On bad days I feel as if I’m wading through treacle. I have a headache and brain fog. I can’t think or do anything and it’s difficult to join in conversations. The room doesn’t spin anymore but it still lurches sometimes, and this is scary’

Reach out for support..

What (in addition to medical support) has helped Polly:

‘Acknowledging that I must *pace* myself and doing this with kindness.

Making sure that each day I include things I find *enjoyable* and rewarding. I have become a jigsaw addict!

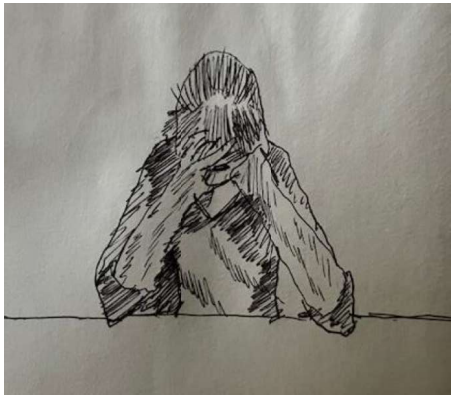
Selectively spending time with other human beings - but *only on my terms*. Some people have had to be parked if my interactions with them cause me to feel depleted.

Knowing that I am now *prioritising my own wellbeing*, rather than putting other people’s needs first, also calms my brain because it says: “We’ll be able to cope with what we’re going to do today, so don’t fret!”

How you can help

The *hidden disability* of dizziness

Over the years Polly received medication, steroid and gentamicin injections



How Polly felt

Hear full story