

THE DAILY IMPACT OF AN INVISIBLE ILLNESS

Living with Meniere's Disease: Navigating a Spinning World

NAVIGATING A WORLD OF TRIGGERS

Meniere's disease is an inner-ear condition causing vertigo, hearing loss, and tinnitus. Everyday environments become major obstacles and sources of anxiety for those living with the condition, as told through personal stories and surveys.

SENSORY OVERLOAD IS THE ENEMY

The primary environmental triggers are excessive visual 'noise,' specific lighting, and loud, overlapping sounds.



MOST CHALLENGING ENVIRONMENTS (Survey Results: High Challenge)



EVERYDAY PLACES BECOME OBSTACLES

Triggers include flickering lights, long supermarket aisles, floor vibrations, and crowds of people.

COPING STRATEGIES ARE ESSENTIAL

People adapt by using shopping carts for stability, sitting near walls, and focusing on fixed points.



IT'S MORE THAN JUST DIZZINESS

People also experience fluctuating hearing loss, tinnitus, brain fog, and debilitating post-attack fatigue.



A CONSTANT STATE OF ANXIETY

The unpredictable nature of attacks creates a fear of public spaces and social isolation.

LIFE BECOMES LIMITED

Many must restrict travel, avoid social events, and give up activities like driving.

