



## Carolina Ear, Nose & Throat Head and Neck Surgery Center

### Symptoms of Meniere's

Meniere's symptoms are due to a problem with the inner ear, the part of the ear responsible for balance as well as hearing. If you have Meniere's, you'll recognize these symptoms:

- **Vertigo** (a spinning or whirling sensation that causes balance problems). Vertigo is often accompanied by nausea, vomiting, and sweating. Attacks of vertigo usually begin suddenly and may last for 20 minutes to several hours. You may have attacks rarely, frequent, or in clusters. The first attack is usually the most intense.
- **Problems with hearing.** Hearing is often partially or completely lost during vertigo attacks. It's common for hearing to gradually worsen as the illness progresses.
- **Tinnitus** (ringing, buzzing, whistling, or roaring noises in the ear). These noises may come and go or may always be present. The noises may get louder just before a vertigo attack.
- **A feeling of pressure or fullness** in the ear. This sensation is sometimes felt most strongly right before a vertigo attack.

You may feel fine between attacks or hearing or balance problems may continue between attacks. Although Meniere's usually affects only one ear it can occasionally develop in both ears.