



The Ménière's Years

Part 19

How Ménière's May Impact Your 'Everyday' Life

By

Mark McGee

Everyday Activities?

What do I mean by that? Simply what people normally do every day. That can include:

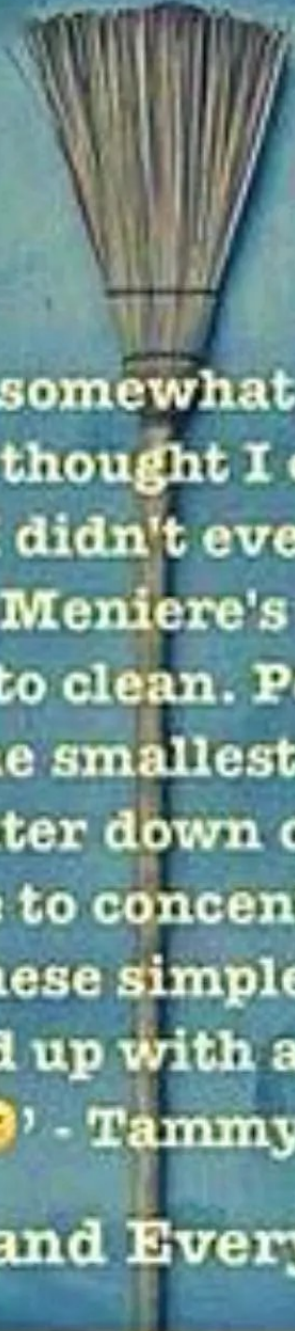
- getting up in the morning
- making breakfast
- brushing your teeth
- getting the kids off to school
- taking the dog outside
- feeding the cat
- driving to work
- driving home for lunch
- driving home after work
- making dinner
- having dinner with your family
- clearing dishes from the dinner table
- placing dishes in the dishwasher
- cleaning and drying dishes

- putting dishes, glasses, pots, and pans away
- placing clothing into the washer
- taking clothing out of the washer
- placing clothing into the dryer
- taking clothing out of the dryer
- watching television
- answering a phone call
- answering the doorbell
- vacuuming the house
- bending forward to pick up something
- taking out the garbage
- reading a book
- talking with family members
- taking a shower or bath
- getting dressed for bed
- getting into bed
- taking a walk around the neighborhood
- enjoying a swim
- playing a game outside

- playing a game inside
- going to lunch with friends
- attending the meeting of a club or organization
- going to church
- mowing the yard
- pulling weeds
- planting and maintaining a garden
- climbing a ladder
- painting your house
- pulling leaves out of the gutters
- planning a birthday or graduation party
- attending a family wedding
- going with friends to a restaurant
- visiting with family members or neighbors
- traveling as a passenger in a car, bus, train, or plane

Those are some examples of 'everyday activities' that most people do with little to no difficulty. To most people none of those are 'scary' or would cause someone to be concerned about having some negative physical response. That is — unless you have Ménière's Disease. If you have recently been diagnosed with Ménière's, you will find life activities that are 'ordinary' or 'everyday' can take on an entirely different meaning for you.

Ménière's Community



'I was feeling somewhat decent this morning and thought I could clean my house. I didn't even finish 1 room before Ménière's decided it didn't want to clean. People take for granted the smallest things like wiping a counter down or sweeping a floor. I have to concentrate when trying to do these simple things and I usually end up with a symptom flare. 😞' - Tammy GS.

Ménière's and Every Day Life...

Honesty

I promised that I would be 'honest' with you in this series. That's one of the reasons I'll be sharing quotes from other sufferers of Ménière's during the coming months. I've talked personally to many Ménière's sufferers and read quotes from hundreds of others on Ménière's forums. While 'scientific evidence' is vital in understanding how a disease works and how it affects sufferers, I know as a journalist that verified 'anecdotal evidence' is also important ('evidence in the form of stories that people tell about what has happened to them' Merriam-Webster's Dictionary). The real-life impact of a disease on people should be noted as well as the science behind the disease.

First, let's remind ourselves of what 'scientific evidence' the medical community has told us about both the diagnostic criteria and patient effects of Ménière's Disease —



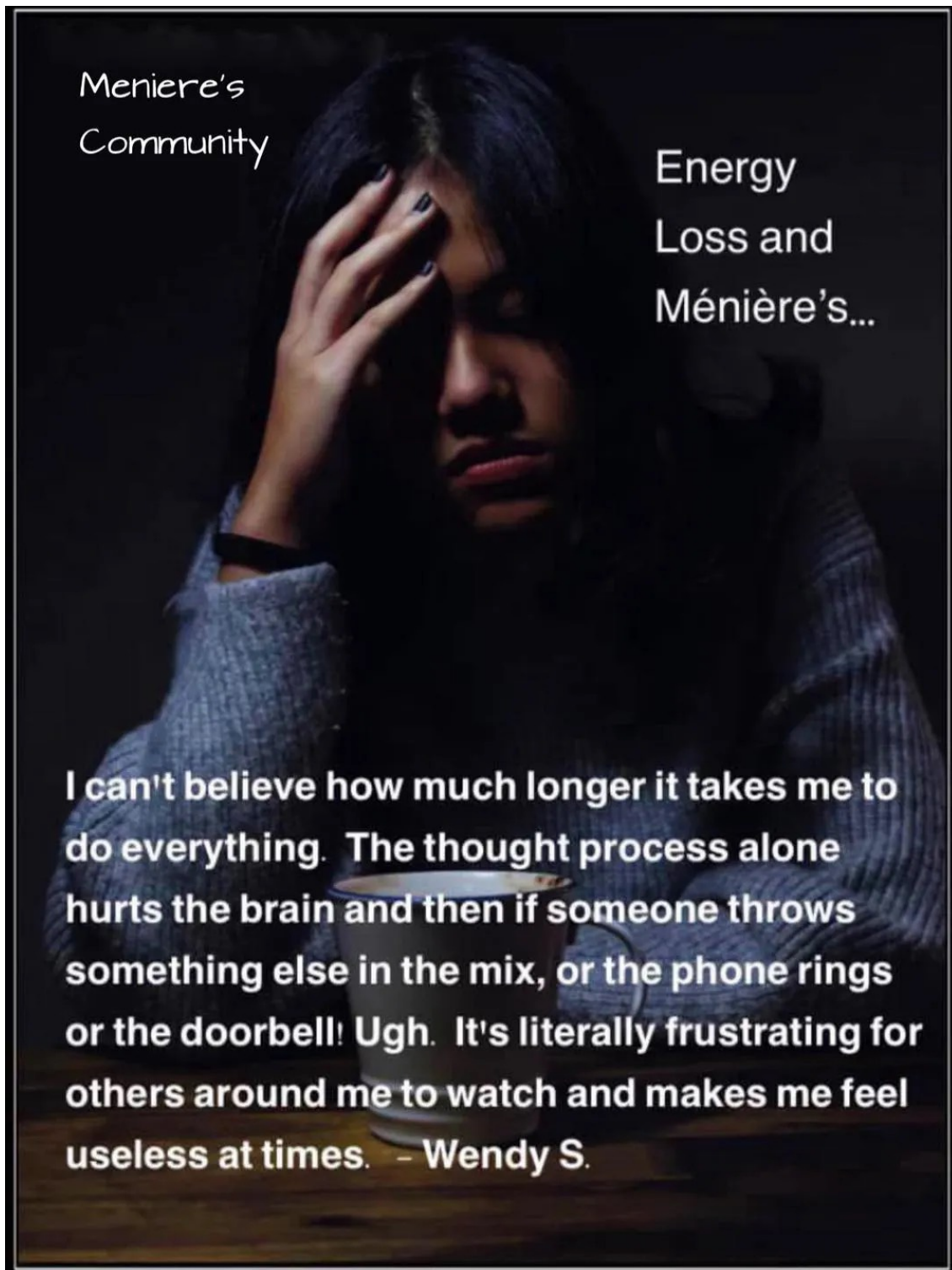
Next, let's look at the 'anecdotal evidence' of two Ménière's sufferers. I can also attest to what they relate because of my own experience during the past 20 years and that of many other people I've known who were diagnosed with Ménière's —

Ménière's Resources

Nasty disease. Changed my life, changed my husbands life, and children's experiences growing up with me as a mom. I always tried to tell myself that "it could be worse and at least it isn't deadly" but that thought dismissed my horrid experience and trivialized what I was going through. This is a tough disease to tolerate and since 1998 I have been suffering the effects of Ménière's disease. Although my children are grown, their lives also were shaped by Ménière's disease because many of their activities and experiences in childhood had to be dictated by my episodes of unpredictable violent vertigo and inability to move or do things for weeks at a time. Even between flare ups, life was never normal, every activity chosen with the possibility of mom becoming incapacitated unpredictably during an outing or birthday party or sleepover. Nasty, nasty disease that should get all the research for a cure that we can raise! – Noelle M.



Living with
Ménière's and the
Affects on our
Family...



Meniere's
Community

Energy
Loss and
Ménière's...

I can't believe how much longer it takes me to do everything. The thought process alone hurts the brain and then if someone throws something else in the mix, or the phone rings or the doorbell! Ugh. It's literally frustrating for others around me to watch and makes me feel useless at times. – Wendy S.

I would like to thank the Ménière's Community on Facebook for allowing me to use some of their 'memes' in my articles. I think you will find the comments from Community members helpful as you begin your journey with Ménière's. I also want to thank the many universities, clinics, hospitals, and vestibular organizations that have shared charts about the disease, its progress, and potential treatments.

AI Statement

I've been writing professionally since the 1960's — long before Artificial Intelligence was a 'thing' that might concern readers. However, since it has now become a 'thing,' let me assure you that I do not use AI to write any of my Substack or blog articles. I research material the old-fashioned way. I study the topic, confirm what I find from multiple reliable sources (usually at least 3-5 independent sources — known as 'triangulation' in the world of journalism), then report it while disclosing the sources and sharing quotes from some of the sources.

Substack does offer an image service where the writer can 'generate' an image. I have used that on occasion when appropriate and identified the image as AI Generated. I have also found a few AI charts that I confirmed as accurate and used them as well. I also

identify them as AI Generated. If I ever share a direct 'quote' from AI (which is rare), I will also identify the quote as AI Generated. Otherwise, what you read on my Substack articles (and blog articles) is my personal way of communicating — something I've done for almost 60 years. Hope that helps explain how I view and use AI.

Next Time

Ménière's is a rare disease and can affect people of all ages (though most tend to be diagnosed in their 40's, 50's, and 60's). Before I dive into specific challenges you'll face, I want to address the 'age factors' of Ménière's — how old you were when diagnosed, how many years you've had Ménière's, etc. Knowing how age affects you physically and emotionally may assist you in understanding how the disease will impact your quality of life in the years ahead. More about that in the next edition of The Ménière's Years.

“... rejoicing in hope, patient in tribulation, continuing steadfastly in prayer.” Romans 12:12

Here's to hope!

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