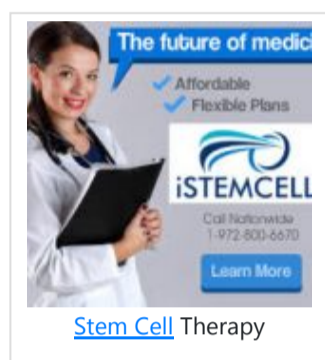


# Meniere's Disease And New York Stem Cell Therapy

by Dr. O

## Meniere's Disease And New York Stem Cell Therapy



Meniere's disease is a disorder of the inner ear, that is associated with symptoms such as vertigo, tinnitus, and feeling like the ear is full. Usually, this disorder is unilateral, however, it may progress over time to affect the two ears. People affected by this disease usually experiences episodes. These episodes usually last between twenty minutes to some hours. The duration of the episodes varies in different people. However, tinnitus and loss of [hearing](#) might become a regular and constant, as the disease progresses. The cause of this disease is unknown, however genetic and environmental factors have been noted to play important roles in the development of this disease. In addition, vascular changes, infections, and autoimmune diseases have also been noted to play roles in this disease. The presenting symptoms of this disease can be attributed to the accumulation of fluid in the labyrinth of the inner ear. Meniere's disease is usually diagnosed based on the presenting symptoms. Hearing tests are also performed. This disease has no cure, however, the symptoms can be managed, and the episodes can also be prevented. Some of the treatment physicians usually administer are a low salt diet, corticosteroids, and diuretics. Physiotherapy is also done to assist the patient in improving his hearing and balance. Surgery might be performed if the other treatment procedures fail. However, the [immunomodulatory feature](#) of stem cells, coupled with their ability to repair and replace injured tissues have made them important in the treatment of this disease.

## What Are The Signs And Symptoms Of Meniere's Disease?

Meniere's disease is usually characterized by many symptoms. Some of them are;

- 1. Vertigo:** Patients usually present with vertigo. This is a condition in which the affected individual feels a spinning sensation, that starts and ends suddenly. Vertigo crises usually occur suddenly, without any prior warning or signal. They do last an average of about twenty minutes. Vertigo when severe can lead to nausea, tiredness and vomiting.
- 2. Loss of hearing:** Patient also does experience hearing loss. This is usually spontaneous. It's one of the early symptoms affected people would experience. However, hearing loss might become permanent in some cases. This is known as deafness.
- 3. Tinnitus:** This is a condition in which an individual perceives a ringing sound in his ear. This might also present as a hissing or buzzing sound. It makes the life of the patients uncomfortable.
- 4. Fullness in the ear:** This is also another symptom that people suffering from Meniere's disease experience. The patients would feel an abnormal pressure in the affected ear. This is due to the buildup of pressure in that part of the ear.

## What Are The Causes Of Meniere's Disease?

The exact cause of this disease isn't known yet. However, there is a theory that this disease is as a result of the accumulation of fluid in the inner ear. This can be easily seen in autopsies, but there are still doubts if this is the cause of the disease. However, there are some factors that could lead to the development of this disease

- 1. Accumulation of fluid in the inner ear.** This can be due to an insufficient drainage of the inner ear.

2. Abnormal immune reactions.
3. Allergic reactions
4. Migraines
5. Heredity
6. Infection: This could lead to the development of Meniere's disease. The most common culprits are the viral infections.

There is a theory that Meniere's disease can be as a result of many factors. This is because no single factor has been identified to be the cause of the disease.

## What Are The Complications Of Meniere's Disease?

Meniere's disease can lead to the loss of hearing. In some cases, it can also lead to permanent hearing loss, also known as deafness. This disease usually reduces the productivity and functionality of the people affected. It leads to tiredness, mental breakdown, depressive disorders, physical and emotional [stress](#). This disease can also lead to imbalance. Patients might experience frequent falls and accidents, especially when involved in activities that require balance and coordination.

## How Is Meniere's Disease Diagnosed?

The physician would usually arrange an exam, after taking a full history of the patient. Below are some of the tests usually done before making a diagnosis.

1. **Hearing test:** This test is also referred to as audiometry. Patients are exposed to sounds of different pitches, intensity, and volume. People affected by Meniere's disease usually do have problems hearing these sounds.
2. **Balance test:** Although people affected by Meniere's disease do have a restoration of their balance after an episode, lack of balance might still persist in some patients.
3. **Other tests:** Other tests are usually performed to eliminate other disorders such as autoimmune diseases, brain tumor and so on. Imaging examinations can also be performed

## How Is Meniere's Disease Currently Treated in Long Island?

There is no cure for this disease, however, treatments are given to improve the symptoms, and to protect the patient from having a total loss of hearing, or any other permanent changes.

1. **Vertigo treatment:** Your physician might administer drugs to reduce the intensity of an episode. These drugs include diazepam, which helps in reducing the spinning sensation and also helps to eliminate vomiting and nausea.
2. **Nausea drugs:** Medications such as promethazine are also given to help improve nausea and vomiting during an episode.
3. **Excess fluid correction:** There are some medications that are given to reduce the abnormal quantity of fluid in the inner ear. Examples of drugs that are administered are diuretics. They help to reduce the frequency and intensity of the disease. Diuretics are usually taken with a reduction in the amount of salt the patient consumes.
4. **Injections:** Medications are usually introduced into the middle ear through injections. These drugs are usually antibiotics, and they're used to improve vertigo. Steroids can also be injected into the middle ear. This is done to also control and reduce vertigo attacks.
5. **Surgery:** This is done when other treatment methods have failed. However, surgery should be the last resort, because of its possible complications.

## New York Stem Cell Therapy And Meniere's Disease

The patient's stem cells are extracted, then re-introduced back into the affected part. Stem cells are unique cells, in that, they're capable of regulating and correcting inflammatory reactions. They are also capable of modulating the immune system. Besides from these features, their ability to repair, and replace damaged or injured tissues, makes them important for the treatment of Meniere's disease.

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