



## Topic Brief: Treatments for Meniere's Disease

**Date:** 5/17/2022

**Nomination Number:** 0978

**Purpose:** This document summarizes the information addressing a nomination submitted on May 6, 2022, through the Effective Health Care Website. This information was used to inform the Evidence-based Practice Center (EPC) Program decisions about whether to produce an evidence report on the topic, and if so, what type of evidence report would be most suitable.

**Issue:** The nominator of this topic seeks to gain medical advice and information about primary research about treatments for Meniere's Disease.

**Findings:** The EPC program develops systematic reviews that evaluate existing evidence, and therefore does not conduct primary research. Additionally, AHRQ does not provide medical advice for healthcare. For this reason, the program will not consider this topic further.

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### Background

Meniere's Disease is a disorder of the inner ear that affects roughly 615,000 people (or 0.2 percent of the population) in the United States, and usually arises in individuals who are 20 to 40 years of age. This condition, which is best described as a constellation of symptoms, has no known cause or cure. The diagnosis of Meniere's Disease is based on clinical symptoms which include tinnitus or ringing in the ears; documented mild hearing loss and muffled hearing, or a sense of blockage and fullness within the ears; and, most notably, unpredictable bouts of severe vertigo.<sup>1</sup> These symptoms cannot be explained by any other vestibular diagnosis. A short differential of considered conditions include a form of migraine, transient ischemic attack, stroke, vestibular schwannoma, benign positional vertigo, and other conditions.<sup>2</sup>

Despite the lack of curative medicine for the condition overall, patients may work with their doctors to find medications or therapies that lessen the impacts of some major symptoms. These treatments may include (but are not limited to) avoidance of specific dietary items that may trigger the episode, anti-nausea and motion-sickness medications, a class of blood pressure medications called diuretics, glucocorticoids, non-invasive therapies and treatments (e.g., vestibular rehabilitation therapy, positive pressure therapy, etc.), hearing aids, and middle-ear injections. In instances where treatments such as these are found ineffective and the patient's vertigo-related symptoms are debilitating, surgical options may be considered, although this is quite rare.<sup>3</sup> Research studies to determine the cause and best treatment for this debilitating condition are ongoing.<sup>2</sup>

## Related Resources

The National Institute on Deafness and Communication Disorders (NIDCD) has a list of organizations that can provide information about communication disorders, including Meniere's at <https://www.nidcd.nih.gov/directory>. Such organizations include Vestibular Disorders Association (<https://vestibular.org/#>), and the American Academy of Audiology (<https://www.audiology.org/>).

The NIDCD also funds research related to hearing impairment and communication. For information about their research and how to participate in a research study, <https://www.nidcd.nih.gov/research/clinical-studies/public-volunteers>.

## References

1. American Hearing Research Foundation AHR. Meniere's Disease. 2022. <https://www.american-hearing.org/disease/menieres-disease/#:~:text=Meniere%E2%80%99s%20affects%20roughly%20615%2C000%20people%20in%20the%20United,be%20debate%20over%20how%20common%20Meniere%E2%80%99s%20actually%20is>.
2. Basura GJ, Adams ME, Monfared A, et al. Clinical Practice Guideline: Meniere's Disease Executive Summary. Otolaryngol Head Neck Surg. 2020 Apr;162(4):415-34. doi: 10.1177/0194599820909439. PMID: 32267820.
3. Clinic M. Meniere's Disease: Diagnosis and treatment. 2020. <https://www.mayoclinic.org/diseases-conditions/menieres-disease/diagnosis-treatment/drc-20374916>. Accessed on 05/25 2022.

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**Conflict of Interest:** None of the investigators have any affiliations or financial involvement that conflicts with the material presented in this report.

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