TREATMENT
There is no known cure for Ménière's disease. However, lifestyle changes and some treatments can help relieve symptoms.

Your doctor may suggest ways to reduce the amount of fluid in your body. This can often help control symptoms. Water pills (diuretics) may help relieve fluid pressure in the inner ear; a low-salt diet may also help.

To help ease symptoms and stay safe:
- Avoid sudden movements, which may worsen symptoms. You may need help walking during attacks.
- Avoid bright lights, TV, and reading during attacks. They can make symptoms worse.
- Do not drive, operate heavy machinery, or climb until 1 week after your symptoms disappear. A sudden dizzy spell during these activities can be dangerous.
- Remain still and rest when you have symptoms.
- Gradually increase your activity after attacks.

Symptoms of Ménière's disease can cause stress. Make healthy lifestyle choices to help you cope:
- Help ease stress by using relaxation techniques, such as: guided imagery, meditation, progressive muscle relaxation, Tai chi, or Yoga.

Your health care provider may prescribe:
- Antinausea medicines to relieve nausea and vomiting
- Diazepam (Valium) or motion sickness medicines, such as meclizine (Antivert, Bonine, Dramamine) to relieve dizziness and vertigo

Outlook
Ménière's disease can often be controlled with treatment. Or the condition may get better on its own. However, Ménière's can be chronic or disabling.

Prevention
You can't prevent Ménière's disease. Treating early symptoms right away may help prevent the condition from getting worse. Treating an ear infection and other related disorders may be helpful.

Source: National Institutes of Health