

Meniett®

RESTORE LIFE'S BALANCE™

*Relieve your vertigo symptoms
with a simple and effective
treatment for Ménière's disease*





Ménière's Disease

Ménière's disease is a complex inner ear condition that can be unpredictable and disabling. Usually Ménière's disease affects one ear, however, it can occur in both. The vertigo attacks of Ménière's disease can put you more at risk for falls and accidents.

A cure for Ménière's disease does not exist, however, Meniett Micropressure Therapy is a simple and effective therapy that can help you get back to enjoying life.

Disclaimer:

Information in this leaflet should not be used as a substitute for consulting your doctor. Always consult your doctor about diagnosis and treatment information.

Symptoms

Ménière's disease usually involves a combination of these symptoms:

- Vertigo (dizziness), often with nausea and vomiting
- Ringing or roaring in the ear (tinnitus)
- Fluctuating hearing loss
- A feeling of fullness or pressure in the ear

Ménière's disease symptoms are often unpredictable, making it difficult to function in daily life. It can take several days to recover from a severe vertigo attack.

Coping with the disease is often hard for family members, too, because of the restrictions it imposes on their relative.

Causes

What initially causes Ménière's disease is unknown, however, all patients have too much fluid (endolymph) in the inner ear. Movement of the endolymph sends messages to the brain about your hearing and balance. Too much endolymph can cause swelling in the inner ear which distorts the signals transmitted to your brain and causes the symptoms of Ménière's disease.

Diagnosis

Ménière's disease can be hard to diagnose because other conditions sometimes cause similar symptoms. To find out if you have Ménière's disease, your doctor will take your medical history and perform a physical examination. You will also have a few painless tests for hearing and balance. Additional tests may be necessary to rule out other causes of your symptoms.

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Meniett Micropressure Therapy

Based on years of research, Meniett Therapy may help you avoid surgical or destructive treatments. Scientists believe that the energy of the micropressure pulses displaces the excess endolymph, which normalizes the pressure in the inner ear and helps relieve the vertigo symptoms of Ménière's disease.

Patient Benefits

- Level 2 treatment of Ménière's disease to avoid surgical or destructive treatments.
- Minimally invasive therapy that provides relief from vertigo symptoms and improves quality of life.
- No time in the hospital means no time away from home or off work.
- Easy to use just about anywhere for a short time each day.



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Consult Your Doctor

To start Meniett Therapy you will need to obtain a prescription from your doctor. You will also need to have a small ventilation tube placed in your eardrum.

When you start Meniett Therapy, be sure to follow your prescription and do not skip any treatments. Meniett Therapy can reduce your vertigo symptoms and improve your quality of life.

Your Treatment Plan

Doctors usually prescribe three Meniett treatments a day with each taking about 5 minutes. Once you have your Meniett device, your doctor will show you how to use it. The device is small and easy to use, thus your treatments can be done at home, work, or just about anywhere.

If your Ménière's disease responds to Meniett Therapy, your vertigo attacks will become less frequent and/or less intense. You will also have regular follow-up visits with your doctor to monitor your Ménière's disease and check the ventilation tube.

It is very important that you do not skip any of your daily Meniett treatments. Otherwise you may not feel the full effects of the therapy and become a candidate for an otherwise unnecessary invasive surgical procedure.

Availability

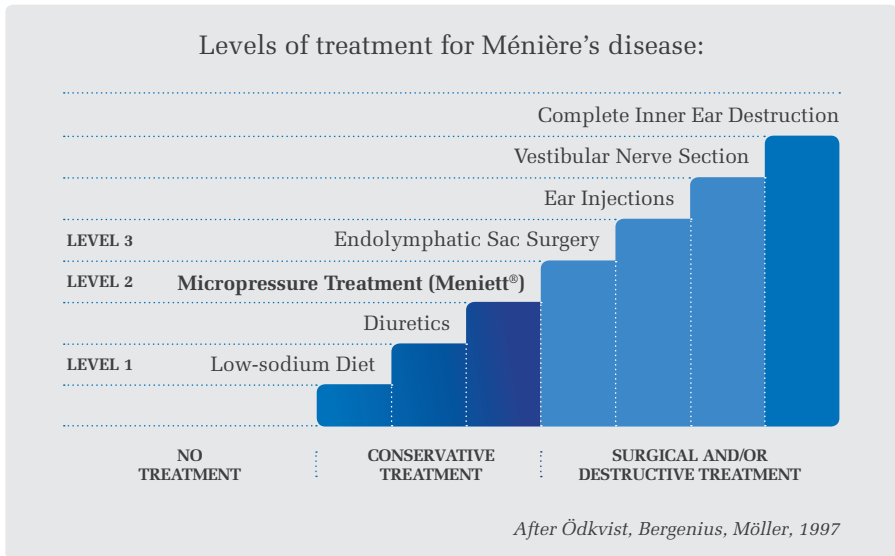
Your ENT doctor can explain to you the options for obtaining your personal Meniett Micropressure device.

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Treatment Options

Based on their individual preferences, many ENT doctors will follow below Ménière's disease treatment ladder, starting with conservative therapies before progressing to more invasive or destructive surgery.



Lifestyle Changes and Medical Therapy

Prior to Meniett Micropressure Therapy tried treatments are often a combination of a low-sodium diet and different types of medication.

Surgical or Destructive Therapy

Surgery is usually only considered after less risky Ménière's disease treatment options have failed to provide relief. Treatments include draining fluid from the inner ear, cutting the balance nerve, and ear injections that reduce or destroy inner ear function.

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See how the
Meniett Generator
works **and meet some
of the people who
have benefited** from
the Meniett Therapy
at meniett.com



Visit meniett.com

Go to www.meniett.com or consult your ENT doctor for more information about Meniett Micropressure Therapy for Ménière's disease.

Prepare for Your Doctor Visit

Use the Ménière's disease Symptom Diary and the Ménière's disease Self Assessment Scale to record your health information and prepare.

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