

Atypical Meniere's Symptoms Checklist ✓

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name: _____

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years afflicted with Meniere's:

0-5 years 6-10 years 11-20 years 21-40 years 41+ years

symptoms:

- Constant headaches
- Constant mild dizziness (with periods of intense vertigo and nausea)
- Constantly tired
- Vision problems
- Space out for a few seconds
- Stiff/very sore neck. The more my neck is stiff and sore, the more dizzy I feel
- Brain fog /forgetfulness (VERY COMMON)
- Tinnitus (various ear noises and sounds) This is considered pretty normal with MM
- Deafness (one of the true MM symptoms)
- Nystagmus (eyes jerking from side of MM and back again)
- Hearing things: phones ringing, door chimes, people talking that aren't there
- Depression
- Lifestyle changes
- Spouse/family/friends not having an understanding
- Allergies
- Facial/Ear numbness
- Hyperventilation, during sever vertigo attacks
- Acute anxiety (panic attack) during sever vertigo attacks
- Loud noise
- Muscle tics
- Rocking Boat (Mal de Barquement)
- Barametric pressure variations
- No Balance
- Sharp Pains in ears
- Fibromyalgia/Arthritis
- Hypothyroidism /Hyperthyroidism
- Can't Drive at night
- Shaking/Tremors
- Looking upwards
- Hypoglycemic
- Plugged ear feeling
- Can't sleep
- AIED
- Stress/Anger
- Itching Ears
- Irregular Heartbeat
- Migraines
- Hard time Speaking/Thinking
- Fatigue
- On/Off Hearing Loss
- Other medical problems

additional symptoms/comments: