

Questions Put to Prof Peter Rea - 19th feb 2022 Life On The level

I have been advised to remove tyramine from my diet with the logic being that dizziness is a migraine symptom so to treat it like a migraine. Would you concur with this advice? What's your experience of success rates with a low tyramine diet in terms of symptom occurrence?

What preventative actions (other than diet change) would you recommend to prevent dizziness onset?

To cure BPPV, I understand that there is a surgical option – it seems to be called different things depending on the mood of google, but I've seen it mostly called Posterior semi-circular occlusion. Would this be something that you recommend for someone who has regular recurring BPPV?

I suspect my condition also has mental health links. Do many of us have anxiety PTSD symptoms. Can you advise on treatments?

I have a diagnosis of total/almost total bilateral vestibular loss. I have constant oscillopsia and feel drunk all the time while I'm moving also occasional get small bouts of vertigo that last seconds. Is there anything I can do to improve my symptoms like gaze stabilisation and balance exercises or will it not make any difference or any medication that I should be on?

I'm 51 years of age and was wondering what the outlook is for me regarding my condition as I used to be so active but this condition severely affects my ability to be like how I was?

Being on 50mgs Duloxetine, and the TMS machine, and having occasional occipital nerve injection, my lovely consultant, Prof. Louisa Murdin, has signed me off, saying that's all she can contribute for me now. She said, when I felt my vestibular migraines were at an 'acceptable' level, I should come off the Duloxetine. I'm asking why? I assumed I'd be on it for life, if it was helping. Can he comment on this please.

1. I have heard that Venlafaxine (Venlafaxine) can help with the combination of Vestibular Migraine and PPPD. Would this still be the case where anxiety is a significant contributing factor? Can you also say what other medication has given the best outcomes with this combination diagnosis.

2. Do you have experience of dizziness increasing with increased medication (In my case amitriptyline) and then when the dose is reduced the dizziness not returning to previous levels? Are patients like this more likely to have a similar problem with other VM or PPPD medications?

I have been having a throbbing and pulsing, in my head for many years. Originally after a boat trip then diagnosed with vestibulitis then ME. I have never had a diagnosis of MDs. Could this be MDDS as my head is continually moving and where can I get a diagnosis.

Some years ago, when my Menieres was in remission, on a holiday in Mauritius, I tried snorkeling for the first time. It was an incredible experience and I felt as if a whole new world had opened up to me seeing all of the beauty underwater I didn't suffer any side effects from the diving, and later on this year I hope to have the opportunity of trying it again. I am however, older, and hopefully, wiser, and wonder whether with long term Menieres, perhaps I shouldn't snorkeling?

I started Menieres type symptoms 18 years ago, typical severe vomiting and dizziness, 2/3 hour episodes, I developed tinnitus in 2011 in left ear, from 2015 until 2020 I did not experience any symptoms at all (other than tinnitus). They came back in 2020 but in a totally different guise. Sudden onset short bursts of violent vertigo which I never experienced in the previous set of episodes. Is this likely to all be linked to the same condition or could the change in presentation indicate a different condition? Have only had a 5 minute phone conversation with an ENT who diagnosed drop attacks as I was ending up on the floor, but that was because I was throwing myself to the floor not being thrown, so I don't think from my research it was drop attacks? Just wondering if it's worth investigating (NHS not interested as they said phone doctor has diagnosed me), I do wonder if it might be something other than Menieres now?

I am afraid to get on a plane, train or boat That the movement could cause another condition to start up. I've had minor hearing loss in left ear from labyrinthitis and have been diagnosed with vestibular migraine. Should I stay put?

I suffer with Bilateral Vestibular Hypofunction with Oscillopsia and I find that when the atmospheric pressure is high my balance and visual problems get significantly worse which debilitates me completely. At these times I also suffer with constant nausea and the feeling my ears want to pop. It took me 18 months to be able to walk for 1 mile with a stick but when the pressure is high I cannot even walk to the end of my drive. Is there anything I can do or take to alleviate these increased symptoms which I believe are due to the high pressure. I am not on any medication for this but was wondering if taking Prochlorperazine tablets may help. Any help or advice would be greatly appreciated

Is it beneficial to see a Neurologist and an ENT consultant for constant dizziness?

A few years ago I was prescribed Clonazepam by a Neuro-otologist for occasional use. Is there a drug I could take every day to help contain dizzy symptoms? I am currently not in the case of a consultant as I have recently moved area.

Why does stress/worry make symptoms worse?

Have there been any recent advances in the understanding of and treatment for VM beyond the current diet and supplements? I seem to be able to manage mine through both but wondered if there have been any recent advances.

A couple of years ago I understood there to be some research funding at the University of Leicester. I put my name and details forward but have not heard anything yet. Has this program progressed or has Covid put the brakes on it.

I am due to have a vemp test in March to confirm canal dehiscence syndrome. I am not to have caffeine nor medications such as stugeron and stematil. I have recently been prescribed amyliptaline for my migraines. My question is can I still take the tablets prior to my test.

Are you aware if there is any plan at all to add on the GP training curricula something around balance problems whilst doing ENT or neurology rotations?

I am pregnant and the dizziness (VM and PPPD) has been slightly better throughout the pregnancy. I have heard though that after having the baby I am likely to get a lot worse due to the drop in hormones, sleep deprivation etc. Is there anything that can be done to help prevent this or to cope with it?

December 2015. Working diagnosis – severe acute vestibular neuronitis with secondary vestibulopathy. MRI brain scan arranged – normal but vestibular investigations not normal. Caloric testing showed strong responses on the left but none on the right, suggestive of significant right vestibular deficit. Audiometry normal. November 2017 PPPD was mentioned. Prof Rea suggested Amitriptyline or SSRI but I was not keen. No further progress but I have managed to live with it. During lockdown, when I have been less active and worked more at my computer, my balance has deteriorated and I am now not steady enough to play bowls, my main hobby. I am still looking for a silver bullet, but in the absence of that I would simply like to know if there have been any advances in terms of possible treatments.

I've been told there's isn't a cure for a damaged vestibular nerve, is it true?

what is known by having chronic ongoing BPPV, as opposed to having bppv the once or twice and having the epley manoeuvre performed and it didn't help

Why don't the professionals like my neurologist, ent and VRT and GP and psychiatrist all be liaising together so they understand how the physical vestibular illness affects us mentally and vice versa. Instead of the patient having to chase this up?

I follow VM and pppd groups on Facebook and YouTube. Is inflammation in the body a leading cause of vestibular disorders? What are the other main causes? And how long does it usually take to recover and get better from these illnesses

Can some drugs make the dizziness and vestibular symptoms worse in the long run and should be avoided

One of my balance issues is, when I need to concentrate whether reading a book or on my phone or concentrating generally, I can become so much more imbalanced ... which can last for quite a long time. I call it brain fog but maybe not the right terminology, why does this happen?

Covid and balance issues

How can I travel without terrible "after" symptoms

Multi diagnosis - is it worth pursuing a clearer diagnosis

Should I do rehab for VM as I feel it will just make things worse

Are Rage and Anger symptoms related to my medication

Sudden drop attack, is this BPPV

Brain Stem Migraine - what is this