



WHAT HAPPENS DURING A MÉNIÈRE'S DISEASE EPISODE?

Ménière's disease episodes can vary from person to person. Symptoms may follow a pattern of warning signs, vertigo, recovery, and post-episode fatigue. Identifying early symptoms may help individuals prepare for an attack and seek appropriate treatment.

BEFORE AN EPISODE: WARNING SIGNS

Some people notice early symptoms before a Ménière's disease attack begins, or even daily

- Feeling of fullness or pressure in one ear
- Increased ringing, buzzing, or roaring sounds (tinnitus)
- Muffled or distorted hearing
- Mild imbalance, dizziness
- Feeling disconnected



THE EPISODE BEGINS

Symptoms often start suddenly and can intensify within minutes.

- Sudden, severe vertigo
- Difficulty standing or walking
- Increased ear pressure
- Worsening hearing changes



PEAK SYMPTOMS

This is the most disruptive phase of an attack.

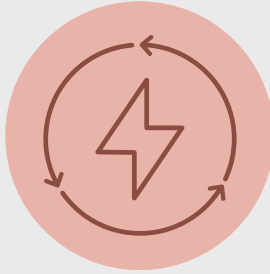
- Intense vertigo that may last 20 minutes to several hours
- Nausea and vomiting
- Severe balance problems
- Tinnitus becomes louder
- Hearing may temporarily decrease



RECOVERY PHASE

As the episode subsides, symptoms begin to ease.

- Spinning sensation gradually decreases
- Nausea improves
- Balance slowly returns
- Hearing may partially recover



AFTER THE EPISODE

Recovery can take hours or even days.

- Fatigue or exhaustion
- Brain fog or difficulty concentrating
- Mild unsteadiness
- Ongoing tinnitus or hearing fluctuations

