

FOR MENIERE'S DISEASE

It is recommended to limit sodium content < 2.4g per day

Table Salt contains **500 mg sodium**
1/4 teaspoon

Soy Sauce contains **500 mg sodium**
1 1/2 teaspoons

Fish Sauce contains **500 mg sodium**
1 1/2 teaspoons

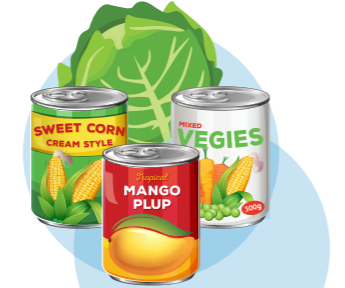
Catsup contains **500 mg sodium**
3 teaspoons



Cut back on frozen dinners, packaged mixes, pizza, salad dressing, and canned soups or broths.



Limit your intake of instant rice, pasta, and cereal mixes, which have added salt



Buy fresh, plain frozen, or canned vegetables with no salt added



When available, choose low-or reduced-sodium or no-salt-added versions of foods

a:care

In addition to high quality medication, Abbott gives you easy access to vertigo solutions.



Scan QR code to learn more about vertigo
www.acare.ph

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TAKE CONTROL OF VERTIGO



You may have been diagnosed with a vestibular disorder. Some patients stop taking their medication when vertigo symptoms disappear. It is important to take your medication as long as your doctor recommends, as studies show that frequency, severity and duration of vertigo attacks decrease over time with treatment.^{1,2}



How much salt are you taking in?

INSTANT NOODLES

Sample Nutrition Facts

Serving Size: 1/2 dry noodle block and 1 teaspoon seasoning mix
Serving per Container 2

Amount Serving Size:
Calories: 140 Calories from Fat: 10

Total Fat 1g	2%
Saturated Fats 0g	0%
Cholesterol 0mg	0%
Sodium 400mg	17%
Total Carbohydrates 28g	9%
Dietary Fiber 2g	8%
Sugar 1g	
Protein 4g	

Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 10%

*Percent Daily Values are based on a 2,000 Calorie Diet

1 NO. OF SERVINGS
Be wary as one container doesn't necessarily mean 1 serving.

2 SALT PER SERVING OF SODIUM / SALT SIZE

3 HOW TO COMPUTE FOR SODIUM/SALT CONTENT?

Sample computation:

400 mg Sodium

x **2** Serving per container

800 Each container has 800mg of salt

FOR VESTIBULAR MIGRAINE

It is recommended to avoid or take in limited amounts of food containing amino acid tyramine



Beer & Wine



Avocado & Banana



Spicy



Chicken liver



Processed meat



Milk & yoghurt



Soy sauce & Teriyaki sauce



Chocolates



Cheese

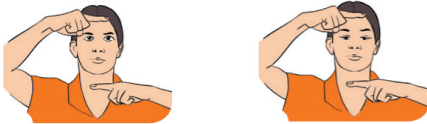
Reference: Bloom M. Dietary Considerations with Secondary Endolymphatic Hydrops, Meniere's Disease, and Vestibular Migraine. Vestibular Disorders Association (VeDA) vestibular.org. February 2014

PHYSIOTHERAPY FOR BALANCE DISORDERS³

EYES



1. Hold your fingers in front of you with a distance of 30 cm. Focus alternately from one finger to the other with your eyes while keeping your head still. Repeat 3 times, 1 minute each.



2. Hold your finger straight with a distance of 30 cm between each other. Look alternately from one finger to the other while keeping your head still. Repeat 3 times, 1 minute each.



3. Stretch your arm out in front of you with your thumb pointing upwards. Keep your head still, move your arm to the left and right while keeping your eyes focused on your thumb. Repeat 3 times, 1 minute each.



4. Stretch your arm out in front of you with your thumb pointing upwards. Keep your head still, move your arm up and down slowly while keeping your eyes focused on your thumb. Repeat 3 times, 1 minute each.



5. Stretch your arm out in front of you with your thumb pointing upwards. Now turn your head to the left and then to the right while keeping your eyes focused on your thumb. Repeat 3 times, 1 minute each.



6. Stretch your arm out in front of you with your thumb pointing upwards. Now move your head up and down while keeping your eyes focused on your thumb. Repeat 3 times, 1 minute each.



7. Stretch your arm out in front of you with your thumb pointing upwards. Move your right ear to the right shoulder and then the left ear to the left shoulder while keeping your eyes focused on your thumb. Repeat 3 times, 1 minute each.



8. Move your thumb away until your arms are fully outstretched with your thumbs pointing upwards. Now move your upper body and your arms to the left and right while keeping your eyes focused on your thumb. Repeat 3 times, 1 minute each.

SITTING



9. Repeatedly stand up and down from a chair. Focus your eyes on a point on your eye level. Repeat 3 times, 1 minute each. If this exercise is easy for you, challenge yourself by repeating this with one foot slightly in front of the other.



10. This exercise can be done while sitting down or standing upright. Pick up an item that is placed on your right hand side, lift it up and transfer it to the left hand side, and put it down. Repeat by transferring it back to the right hand side. Repeat 3 times, 1 minute each.

STANDING

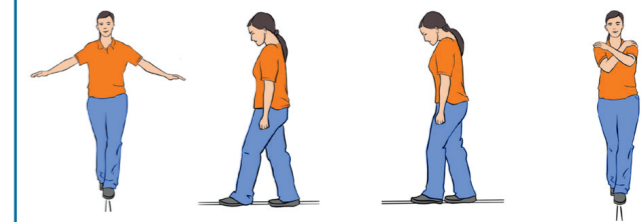


11. Try to stand as long as possible on one leg, then change to the other leg. Repeat 10 times, 30 to 60 seconds each.



12. Stand on a big pillow / big folded blanket. Try to stand as still as possible. First with spread legs and then with reduced distance. Repeat 10 times, 30 to 60 seconds each.

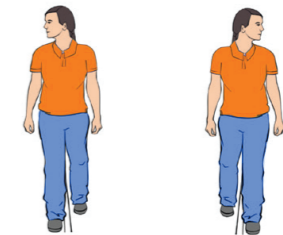
WALKING



13. Walk slowly on a straight line, placing one foot in front of the other and vice versa. Slowly decrease the distance of your footsteps. Exercise for 3 to 5 minutes. If this exercise is easy for you, challenge yourself by crossing your arms in front of your upper body.



14. Align books or shoe boxes with a 1.5-meter distance. Walk the line in a normal pace, placing your feet in-between the items and try not to slow down. If this exercise is easy for you, challenge yourself by speeding up your pace or by reducing the distance between the items. Exercise for 3 to 5 minutes.



15. Walk along a line. After every third step, turn your head alternately left and right. While walking back along the line look up and down alternately, every third step. Exercise for 3 to 5 minutes.