



Daily *Meniere's* *Journal*

The spark of **HOPE**
can never be extinguished.

Julieann Wallace



3 Month Daily Meniere's Journal
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About Julieann Wallace - Julieann is a bestselling, multi-published author, artist, and teacher, who is inspired by the gift of imagination and the power of words. She writes picture books under her own name, and novels under the name of Amelia Grace, where she donates money from sales to help find a cure for Meniere's disease. Julieann is a self-confessed tea ninja, Cadbury chocoholic, has a passion for music and art, and tries not to scare her cat, Claude Monet, with her terrible cello playing.

In 2018, Julieann released a novel with a main character with Meniere's disease. *The Colour of Broken* has been a global success, hitting #1 on Amazon in its category. In 2021, *The Colour of Broken* was long-listed to be made into a movie or TV series with Screen QLD. In 2021, the sequel was released, 'All the Colours Above'. Julieann has also written two Meniere's picture books *Vanilla Swirl*, for mothers with Meniere's disease, and *Blueberry Swirl*, for fathers with Meniere's disease. 100% of profits from all these books are donated to Meniere's research at the *University of Sydney's Brain and Mind Institute*.



Stay up-to-date with Julieann:

Website: www.julieannwallaceauthor.com

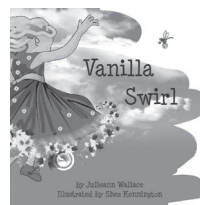
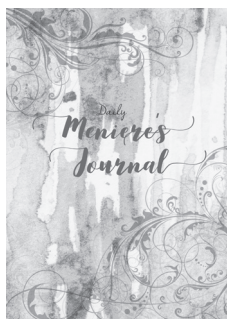
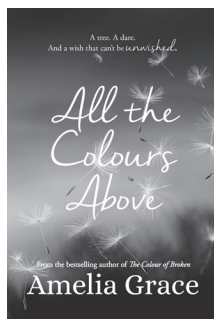
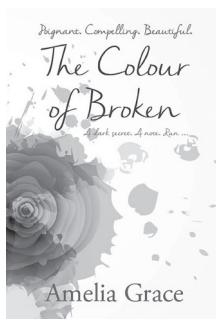
Facebook: www.facebook.com/julieannwallace.author

Instagram: @julieann_wallace_

Instagram: @myshadow_menieres

Follow Julieann's blog, *My Shadow, Meniere's*:

www.myshadowmenieres.wordpress.com





This Meniere's Journal
unfortunately belongs to

in the *Year*

Meniere's Disease

Prosper Menière (18 June 1799 – 7 February 1862) was a French doctor who first identified a medical condition combining vertigo, hearing loss and tinnitus, which is now known as Menière's disease. It's a disorder of the inner ear.

Very briefly, Meniere's disease causes episodes of:

- vertigo (episodes of feeling like the world is spinning)
- tinnitus - ranging from mild to severe.
- a feeling of fullness or pressure in the ear.
- sudden falls without loss of consciousness (drop attacks) may be experienced by some people, or a sensation of being pushed sharply to the floor from behind.
- low-frequency hearing loss, which usually fluctuates in the beginning stages and becomes more permanent in later stages, so that little or no hearing remains.
- a common and important symptom of MD is hypersensitivity to sounds, also known as hyperacusis.

Attacks may be characterized by periods of remission and exacerbation. After a severe attack, most people find that they are extremely exhausted and must sleep for several hours. People with Meniere's disease may suffer from psychological distress, high anxiety and depression. It is important to note that many people suffering from MD lead productive, near-normal lives, while others face greater challenges in coping. There is no cure for meniere's disease - yet. But with advances in medicine and research, there is hope for a cure.

MEDICAL DISCLAIMER:

The information provided is designed to support, not replace, the relationship that exists between a patient and his/her existing health care professionals.

* **BPPV** - *Benign paroxysmal positional vertigo* is one of the most common causes of vertigo — the sudden sensation that you're spinning or that the inside of your head is spinning. BPPV causes brief episodes of mild to intense dizziness. It is usually triggered by specific changes in your head's position. BPPV can be resolved by the Epley Maneuver, or similar positional manoeuvres by your health professional.

* **PPPD** - *Persistent Postural-Perceptual Dizziness* are persistent sensations of rocking or swaying unsteadiness and/or dizziness without vertigo lasting 3 months or more;

About the
Daily Meniere's Journal

My shadow, Meniere's, has been with me for 26 years at the time of this journal publication. A very difficult first 10 years, where I would be debilitated for 4 hours or more at a time with horrendous violent vertigo at least 40 times a year. Meniere's an absolute life changer. I developed a chronic fear of vertigo attacks, and PTSD, and so stopped shopping, socialising, driving, and teaching. Everyday I kept a diary of what I ate or drank, where I had been and what I had done, to see if I could find the trigger for my attacks.

It is my hope that this journal can help you. By keeping a track of your daily living with Meniere's, you may find a pattern that will help you with your battle against it. As you are using the journal, highlight symptoms you have on that day, add notes about what you are experiencing, or any new symptoms, plus vertigo length and severity. Please be aware that I have added BPPV* (Benign Paroxysmal Positional Vertigo - a problem with the crystals in the inner ear - symptoms are brief periods of vertigo, that is, of a spinning sensation upon changes in the position of the head, lasting less than a minute). BPPV is **NOT** a symptom of Meniere's. You can have Meniere's and BPPV at the same time. BPPV has a technique called the *Epley Manoeuvre* that can stop those episodes.

Because this is your journal, you can add your own stamp and style. Glue in prayers, inspirational verses or images that speak to you in some way. Be creative, be arty. I have added pages of light text at the end of each month, where you can draw or paint artwork over the top, or glue notes you have written, or letters to yourself etc. Being a Secondary Art Teacher, I know the value of art as a tool for healing and restoration, when words are simply not enough.

Three Things I am Thankful for Today - When I was struggling in a deep and dark depression with my Meniere's in the early 2000's, I learned the value of finding things I was thankful for. *Everyday. Single. Day.* No matter how small. This act of focusing is now called 'Mindfulness', and is very powerful. As you travel daily with your Meniere's, remember, **you are a warrior. You've got this!**

It is my forever hope and prayer, that a cure is found.

Julieann xo

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Dinner			
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Snacks			

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Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Nystagmus	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depression	BPPV*	Diarrhea
PPPD*	Jaw Click/Pain	Neck Pain	Motion Sensitivity
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Physical: _____

_____ Pollen, Mold, Dust, Trees, Grass, Ragweed

Visual: _____

Emotional: _____

What Helped Me?

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Possible Meniere's Symptom Triggers Today:

Physical: _____

_____ Pollen, Mold, Dust, Trees, Grass, Ragweed

Visual: _____

Emotional: _____

What Helped Me?

Medication/s & Time Taken		Other	
		Prayer	Rest
		Meditation	Friend/s
		Self-care	Family
		Exercise	Pet/s
		Mindfulness	Vestibular Rehab
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Duration of Vertigo _____ minutes _____ hours _____ days

Severity of Vertigo 1 2 3 4 5 - I HATE you, vertigo!

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August September October November December

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Barometer: 9am _____ 9pm _____ **Humidity** _____

Sunny	Cloudy	Rain	Showers	Windy
Snow	Storm	Humid	Dry	

Food & Fluid Intake (be mindful of salt):

Breakfast			
Lunch			
Dinner			
Fluid Intake	Water - _____		
Snacks			

Symptoms:

Tinnitus	Vertigo	Drop Attack	Nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Nystagmus	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
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		Exercise	Pet/s
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Duration of Vertigo _____ minutes _____ hours _____ days

Severity of Vertigo 1 2 3 4 5 - I HATE you, vertigo!

New Symptoms? _____

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Food & Fluid Intake (be mindful of salt):

Breakfast			
Lunch			
Dinner			
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Snacks			

Symptoms:

Tinnitus	Vertigo	Drop Attack	Nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Nystagmus	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depression	BPPV*	Diarrhea
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Physical: _____

_____ Pollen, Mold, Dust, Trees, Grass, Ragweed

Visual: _____

Emotional: _____

What Helped Me?

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Symptoms:

Tinnitus	Vertigo	Drop Attack	Nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
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Tinnitus	Vertigo	Drop Attack	Nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Nystagmus	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depression	BPPV*	Diarrhea
PPPD*	Jaw Click/Pain	Neck Pain	Motion Sensitivity
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Tinnitus: L R How many noises? _____ Loudness Scale: 1 2 3 4 5

Possible Meniere's Symptom Triggers Today:

Physical: _____

_____ Pollen, Mold, Dust, Trees, Grass, Ragweed

Visual: _____

Emotional: _____

What Helped Me?

Medication/s & Time Taken		Other	
		Prayer	Rest
		Meditation	Friend/s
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		Exercise	Pet/s
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Duration of Vertigo _____ minutes _____ hours _____ days

Severity of Vertigo 1 2 3 4 5 - I HATE you, vertigo!

New Symptoms? _____

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Food & Fluid Intake (be mindful of salt):

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Lunch			
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PPPD*	Jaw Click/Pain	Neck Pain	Motion Sensitivity
Sweating	Speech Difficulty	Monthly Cycle	

What time did your symptoms start? _____

Tinnitus: L R How many noises? _____ Loudness Scale: 1 2 3 4 5

Possible Meniere's Symptom Triggers Today:

Physical: _____

_____ Pollen, Mold, Dust, Trees, Grass, Ragweed

Visual: _____

Emotional: _____

What Helped Me?

Medication/s & Time Taken		Other	
		Prayer	Rest
		Meditation	Friend/s
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		Exercise	Pet/s
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Duration of Vertigo _____ minutes _____ hours _____ days

Severity of Vertigo 1 2 3 4 5 - I HATE you, vertigo!

New Symptoms? _____

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Barometer: 9am _____ 9pm _____ **Humidity** _____

Sunny	Cloudy	Rain	Showers	Windy
Snow	Storm	Humid	Dry	

Food & Fluid Intake (be mindful of salt):

Breakfast			
Lunch			
Dinner			
Fluid Intake	Water - _____		
Snacks			

Symptoms:

Tinnitus	Vertigo	Drop Attack	Nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Nystagmus	Disequilibrium
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Vertigo. STOP! There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope, there is always hope! We will be cured! BREATHE...vertigo. STOP! There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope, there is always hope! We will be cured! BREATHE...vertigo. STOP! There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. **There will be a cure!**

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- 1.
- 2.
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August September October November December

Day: Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Date: _____ **Season:** Summer Autumn/Fall Winter Spring

Temperature: Low _____ High _____

Barometer: 9am _____ 9pm _____ **Humidity** _____

Sunny	Cloudy	Rain	Showers	Windy
Snow	Storm	Humid	Dry	

Food & Fluid Intake (be mindful of salt):

Breakfast			
Lunch			
Dinner			
Fluid Intake	Water - _____		
Snacks			

Symptoms:

Tinnitus	Vertigo	Drop Attack	Nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Nystagmus	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depression	BPPV*	Diarrhea
PPPD*	Jaw Click/Pain	Neck Pain	Motion Sensitivity
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Tinnitus: L R How many noises? _____ Loudness Scale: 1 2 3 4 5

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Physical: _____

_____ Pollen, Mold, Dust, Trees, Grass, Ragweed

Visual: _____

Emotional: _____

What Helped Me?

Medication/s & Time Taken		Other	
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		Exercise	Pet/s
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Severity of Vertigo 1 2 3 4 5 - I HATE you, vertigo!

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Snow	Storm	Humid	Dry	

Food & Fluid Intake (be mindful of salt):

Breakfast			
Lunch			
Dinner			
Fluid Intake	Water - _____		
Snacks			

Symptoms:

Tinnitus	Vertigo	Drop Attack	Nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Nystagmus	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depression	BPPV*	Diarrhea
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_____ Pollen, Mold, Dust, Trees, Grass, Ragweed

Visual: _____

Emotional: _____

What Helped Me?

Medication/s & Time Taken		Other	
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Duration of Vertigo _____ minutes _____ hours _____ days

Severity of Vertigo 1 2 3 4 5 - I HATE you, vertigo!

New Symptoms? _____

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What I Have Discovered

*My Action Plan
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