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## Current management practices in Meniere's disease

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**Objective:** To evaluate current trends in managing Meniere's disease (MD) by both general otolaryngologists and otologists/neurotologists and discuss treatment modalities.

**Study Design:** Cross-sectional study.

**Setting:** Survey of physicians.

**Subjects & Methods:** An electronic questionnaire was disseminated to all members of AAO-HNS.

**Results:** Eight hundred and sixty (860) members replied for a response rate of 14.5% for generalists and 35% for neurotologists. Thirty-nine percent (39%) of respondents believe that diet and life style changes are effective in controlling symptoms in more than 50% of their MD patients. Overall, 72.8% of respondents used hydrochlorothiazide/triamterene (HCTZ/TAT) often or always with neurotologists using HCTZ/TAT more often than generalists ( $P<0.001$ ). Half of neurotologists used IT steroids often or always, compared to only 10% of generalists ( $P<0.001$ ). Endolymphatic sac procedures are the most common surgeries and are used more often by neurotologists than by generalists ( $P<0.001$ ). The Medtronic Meniett device is used more by neurotologists ( $P<0.001$ ) but it is not commonly used overall (69.2% never use).

**Conclusion:** Many options are available for the treatment of MD. Neurotologists tend to use a wider variety of medications in their treatment protocols than generalists. Neurotologists tend to perform surgical interventions more frequently than generalists. Our evidence shows significant heterogeneity for treatment of Meniere's disease among otolaryngologists. A guideline that outlines appropriate therapeutic options, dosing and treatment escalation is warranted.

### Biography

Huseyin Isildak is an Otolaryngologist/Neurotologist in Penn State Hershey Medical Center, USA. He also serves as the Director of Otolaryngology/Neurotology and Cochlear Implant Program in the center since 2013. He has his expertise in hearing and balance disorders. His research interests are Meniere disease and implantable hearing implants. Besides being an Ear and Skull Base Surgeon, he is strongly interested in conducting research and teaching. He has over 40 peer-reviewed scientific publications and a number of book chapters. He is currently in the Editorial Boards of prestigious journals such as *Operative Techniques in Otolaryngology-Head and Neck Surgery* and *BMC cancer*.

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