**Inflammatory Factors in Meniere’s Disease: Implications for Treatment**

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The etiology of Meniere’s Disease (MD) has been ascribed to many factors, including but not limited to, viral, autoimmune, metabolic, mechanical allergic, and migrainous. Typical treatments of MD include diuretics, beta histine, low sodium diet, and vestibular and central suppressing agents. This presentation will concern the strong role of inflammation and immunologic factors in patients with MD, with an emphasis on how these may apply to treatment. A review of elevated immune markers, including circulating immune complexes, Type I Gel and Coombs Hypersensitivity assays, and antibodies to Herpes Simplex virus by PCR will be discussed, and how these may contribute to an underlying inflammatory reaction in the production of symptoms in both MD as well as Autoimmune Inner Ear Disease (AIED). Treatment of inflammation in MD, if addressed at all, is largely limited to the use of steroids, given either systemically or through intratympanic injection.

The author will discuss the primary role of identifying and addressing inflammatory triggers, including the use of antiviral agents, allergy desensitization, immunomodulators, and biologics, used in her large practice of treating patients with unilateral and bilateral MD, as well as AIED.