



# Mal de Debarquement Support News

## A Newsletter for the International Members of the MdDS Support Group and the Professionals Who Treat Them



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### MdDS Effect on Cognitive Functioning

By Marla Cruise RN

Brainfog is a term that most are unfamiliar with when first joining the MdDS support site. Nevertheless, most with MdDS suffer from problems with brain function but do not understand what the other members refer to when they say they had/have "brainfog". Since various parts of the brain control different functions, a survey was created in order to begin to assess the areas of the brain most affected by MdDS. During the recently concluded Symptom Survey (July, 2007), questions were asked to help identify these areas.

**Difficulty recalling words, problems in concentrating, confusion, short-term memory loss, and using incorrect words in discussions** were the most commonly reported symptoms of cognitive impairment. (See chart on page 2). The temporal lobes of the brain are the primary location where memory, word recognition, and speech are processed. Further studies are clearly required to determine if a problem lies within these areas of the brain in MdDS.

It is apparent from the above that cognitive function is affected by MdDS (as it is with other vestibular disorders). What is also significant for those with MdDS is that only 19.8% reported long term memory loss as compared to 71.7% with short term memory loss. (See chart on page 2)

The level of difficulties in dealing with cognitive dysfunction can lead to both mental and physical fatigue and can result in time off from work and various levels of disability. There continues to be a great need for further studies to better understand the extent of this neurological impairment.

To view the entire Symptom Survey, please visit [www.mddsfoundation.org](http://www.mddsfoundation.org)

### She Noticed Motion Sensation Since Childhood

As a child, I always remember keeping the feeling of waves in me at night after a day spent at the beach, although it was very mild and actually felt calm. As I got older, when I flew on a plane I also would feel the motion when I returned home.

When I was 21, I remember going to the Bahamas on a plane from New Jersey. When I got off, my ears were stuffed and I couldn't hear right for a few hours. At the hotel, when I got off the elevator at the bottom floor, it felt like my feet went a foot further in the ground, but only for a second. When I was older, I went to Arizona by plane and didn't feel anything except when I sat on something really stable like a toilet, which is not supposed to have ANY movement. I felt like there were just small movements in my brain and head, but still not bad. I even went to a doctor in Arizona, who said it was probably my ears or the plane travel, and it went away.

The next time I noticed the inexplicable feeling of movement was after I had my second daughter. I had an epidural and for some reason that evening I felt like the bed was vibrating slightly. I moved into the one next to me, complaining to the nurse. Then I thought it was the fan in the room, so I told them to shut it off. But that wasn't it; and then for years on and off. I would get a little of that wavy feeling, yet not horrible. A number of years after that I went on 5 mg. of Paxil. Within two weeks the waves I once felt here and there, on and off for years (yet mellow and mild) WENT INSANELY WILD !! And it got worse from there, rocking like a horrible boat.

When I tried to get off the then 10 mg of Paxil, it took eight months to withdraw. The rocking got worse and worse and never stopped -- and added to the mix -- vertigo attacks (atypical Benign Paroxysmal Positional Vertigo.) I wonder what in our brains, what part of our brain, picks this up, and why a drug like Paxil would exacerbate the symptoms wildly. If we could just find out WHERE the Paxil hit me, maybe we could find out and pinpoint the area affected. Just a thought. I pray for all of us. ~Roseanne

### MdDS Foundation at AAO-HNS Meeting

Please visit the MdDS Balance Disorder Foundation Booth (#762) at the Annual Meeting of the American Academy of Otolaryngology-Head and Neck Surgery and OTO EXPO in Washington, DC. Representatives of the MdDS Balance Disorder Foundation will be at the booth from September 16-19. They look forward to meeting you and sharing educational materials with you.

### Cured?

We encourage practitioners to share information on those they have cured of MdDS.

Click on [www.mddsfoundation.org](http://www.mddsfoundation.org) for our most recent media entries.

Please send tax deductible contributions to:  
MdDS Balance Disorder Foundation  
Marilyn or Roger Josselyn  
255 Copper Beech Drive,  
Blue Bell, PA 19422

- ICD-9 780.4, Indexed
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**Kroger Share Cards:** If you live in Texas or Louisiana, please contact Terri ([terrig@entouch.net](mailto:terrig@entouch.net)) to obtain a Kroger Share Card. Each time you present the card after shopping at Kroger, the MdDS Balance Disorder Foundation will receive a donation. Small things add up to big when done on a regular basis.

### Cognitive Difficulties Associated with MdDS

