

# Smoking may increase odds of Meniere disease in men

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For men, smoking is positively related and alcohol consumption is

negatively related to the risk for Meniere disease (MD), according to a study published online Aug. 26 in the *Journal of Clinical Medicine*.

So Young Kim, Ph.D., from the CHA University in Seongnam, South Korea, and colleagues examined the association of smoking, [alcohol consumption](#), and obesity with MD among the population older than 40 years of age in the Korean National Health Insurance Service-Health Screening Cohort from 2002 to 2019. A total of 15,208 MD patients were matched with 499,658 controls.

The researchers found that in the overall adult [population](#), there was no association for smoking and alcohol consumption with MD. The odds of MD were lower in association with being underweight (adjusted odds ratio, 0.80; 95 percent confidence interval, 0.68 to 0.93;  $P = 0.004$ ). Smoking was positively associated with MD in men, while there was a negative association observed for alcohol consumption with MD (adjusted odds ratios, 1.08 [95 percent confidence interval, 1.00 to 1.17;  $P = 0.043$ ] and 0.87 [95 percent confidence interval, 0.81 to 0.94;  $P$

"The current study improved previous knowledge on the associated factors of MD by concurrently assessing multiple [lifestyle factors](#), including smoking, alcohol consumption, and [obesity](#)," the authors write. "As these are modifiable factors, lifestyle modifications can be clinically valuable management strategies for patients who suffer from MD."

**More information:** So Young Kim et al, Smoking Is Positively Related and Alcohol Consumption Is Negatively Related to an Increased Risk of Meniere's Disease, *Journal of Clinical Medicine* (2022). [DOI: 10.3390/jcm11175007](https://doi.org/10.3390/jcm11175007)

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