

Endolymphatic hydrops volume down in Ménière disease with positive pressure therapy

December 21 2022, by Elana Gotkine



For patients with Ménière disease (MD), positive pressure therapy (PPT) is associated with a reduction in the volume of endolymphatic hydrops (EH), in accordance with a reduction in vertigo attacks, according to a study published online Dec. 1 in *Scientific Reports*.

Munehisa Fukushima, from Kansai Rosai Hospital in Amagasaki, Japan, and colleagues examined whether PPT causes the morphological and functional changes of the inner ear in [patients](#) with active MD in accordance with the decrease in [vertigo](#) attacks in a nonrandomized trial in 52 patients (26 in the PPT group and 26 in [control group](#)).

The researchers found that the volume of EH decreased significantly with the reduction of vertigo attacks during eight months of PPT combined with medications; with medications alone, there was a significant increase in volume. Regarding vertigo control, there was no difference observed between the control and PPT groups; significant functional improvement of vertical semicircular canals was achieved by the PPT group.

"We confirm that EH volume decreased with a reduction in vertigo attacks when combined with PPT, while EH volume increased with medications alone," the authors write. "The pathophysiological changes in the inner ear by self-administered PPT are quite different from those caused by medications alone."

More information: Munehisa Fukushima et al, Assessment of inner ear morphology and function in response to local positive pressure for Ménière's disease: a nonrandomized controlled trial, *Scientific Reports* (2022). [DOI: 10.1038/s41598-022-25321-z](https://doi.org/10.1038/s41598-022-25321-z)

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