

Ménière's Society

helping people with dizziness and balance disorders



The Rookery Surrey Hills Business Park Wotton Dorking Surrey RH5 6QT
Helpline: 0845 120 2975 Telephone: 01306 876883 Email: info@menieres.org.uk www.menieres.org.uk

APPLICATION FOR INCLUSION ON THE CONTACT LIST

Complete this form only if you wish to appear on the Ménière's Society Contact List and return to the Ménière's Society at the above address.

Membership No _____

Mr/Mrs/Miss/Ms _____ First name _____ Surname _____

Address _____

Postcode _____

Email _____ Telephone _____

Your details

Please tick the appropriate box/es to indicate which details you would like to appear on the contact list:

Name (compulsory) Address Telephone Email

Please read the explanation of request for information on symptoms, age and treatment overleaf before completing the sections below.

Stage in the disease

Which symptoms currently trouble you? Please tick one or more boxes

Vertigo (dizziness) [V] Tinnitus [T] Deafness [D] Balance problems [B]

Age category

Please tick appropriate box.

Under 20 [1] 20-34 [2] 35-49 [3] 50-64 [4] 65-79 [5] 80 and over [6]

Treatment experience. Please tick all applicable boxes.

Medication – are you currently taking medication for Ménière's disease/vertigo? Yes [M] No

If yes, which medication are you taking?

Serc/Betahistine Stemetil/Prochlorperazine Stugeron/Cinnarizine Diuretics

Other – please give details

Surgery – have you undergone surgery? Yes [S] No

If yes, which form of surgery?

Saccus Decompression Labyrinthectomy Neurectomy Gentamicin

Steroid Injection Other – please give details

Complementary medicine – have you tried any complementary medicine? Yes [C] No

E.g. homeopathy, acupuncture, reflexology etc?

If yes, please state which therapies you have tried.....

I consent to my personal details being included on the Ménière's Society Contact List and confirm I have read the 'Rules of Use' of the Ménière's Society Contact List, detailed overleaf.

Signature _____

Date _____

Ménière's Society Contact List Rules of Use

The Ménière's Society cannot be held responsible for misuse of the Contact List.

- a. The Contact List is covered by the Data Protection Act 1998.
- b. Please note that some members may be resident outside of the EEA. Members' details will be listed under the county/country they have stated on their application form.
- c. Contact Lists are printed annually with alterations and amendments sheets produced and distributed during the year.
- d. Contact Lists are dated and valid from that date for one year (unless otherwise stated or an alteration appears in the following list); after which they are invalid and should be destroyed immediately.
- e. Each Contact List is issued on the understanding that it is only supplied to and used by individual members of the Ménière's Society. The Contact List is a strictly confidential document. This includes the current and any previous lists or amendments distributed.
- f. No Contact List can be passed on to anyone else or used for professional/commercial purposes. Any Contact List in the possession of an unauthorised person must be returned immediately to the Ménière's Society, The Rookery, Surrey Hills Business Park, Wotton, Surrey RH5 6QT without copying or use in any way.
- g. Contact Lists contain only those members of the Ménière's Society who have given written permission for the Society to include their personal details on the Contact List and are willing to be contacted by other sufferers. The 'user' should not expect professional advice from the person contacted, nor should the person contacted give professional advice unless qualified to do so.
- h. Every effort has been made to ensure the Contact List's accuracy. If an entry is incorrect, please notify the Ménière's Society, who will ensure a correction appears in the next Contact List or amendment sheet.
- i. Anyone using the Contact List must first refer to the current list of amendments to ensure that the details of the person they are proposing to contact have not been amended or deleted.

Explanation of request for information on Symptoms, Age and Treatment

The form overleaf asks for your contact details for inclusion on the Contact List. It also asks for information regarding 'stage in the disease', 'age category' and 'treatment experience'. These terms and the codes that accompany them on the Contact List are explained below. Any information you provide helps other members who use the Contact List to make contact with someone whose problems are most closely aligned with their own. If you feel that you would prefer not to disclose any details of your symptoms, age and treatment then please leave the relevant boxes blank.

Stage in the disease: This is difficult to define accurately because the progress of the disease can vary enormously over time and from one sufferer to another. Our medical advisers tell us that, during the course of the disease, the major symptoms - namely vertigo, tinnitus and deafness - normally cause concern to sufferers in that sequence. This is why we ask you to state which symptoms currently concern you. Codes used to indicate stage in the disease: V = Vertigo T = Tinnitus D = Deafness B = Balance problems

Age Category: The age categories are the same as those used on our membership form. Do not be concerned if your age moves from one category into another whilst your details are on the Contact List – the categories are intended to indicate the approximate age range only and not exact ages. Categories used: (1) <20 years (2) 20–34 years (3) 35–49 years (4) 50-64 years (5) 65-79 years (6) 80+ years

Treatment experience: This is divided into three sections, medication, surgery and complementary therapy. Codes used to indicate treatment experience: M = Medication S = Surgery C = Complementary Therapy

We do not include the specific types of Medication, Surgery and Complementary Therapy used or experienced by members on the Contact List. Any information you provide will be held by us on file in case one of our members requests more specific information on the treatment experience of someone on the Contact List. In these circumstances the Ménière's Society will contact you to obtain your consent before this information is disclosed.