

# Dizziness and Me

the hidden disability of chronic dizziness expressed through art



*I find it very frustrating that not many people know about Ménière's and the effects it has on a person. I would love to see this change so there is better understanding from friends, family and work colleagues"*

## No-one can see chronic dizziness.

People often report that friends, colleagues, families and loved ones don't understand what they are going through due to the hidden nature of this disability.

## Living in fear

Many who experience dizziness fear going out. They worry if they will have another attack of dizziness, whether they will vomit or fall, or if they will be labelled as intoxicated by those who don't understand.

## Words are not enough

No matter how many words they use, people still say their symptoms are not fully understood.



## Here's your chance to 'show' others how you feel...

Without using words, create a piece of artwork, in any medium, to depict your dizziness; your hidden disability. Show us how you're affected and how it feels for you. We also want to see YOU - the real person behind your dizziness. Show us the face behind the dizziness too by sending a photo of yourself to accompany your art. Together we can raise awareness of chronic dizziness and increase understanding among the general public, GPs, health professionals and the friends & families of those living with dizziness.

[www.menieres.org.uk/dizzinessandme](http://www.menieres.org.uk/dizzinessandme)

## How to submit your artwork

Download an entry form from the Ménière's Society website and complete and return with your artwork.

*Please contact us on 01306 876883 if you would prefer to receive a copy of this form by post instead.*

Send your form and artwork to the Meniere's Society by post to: Dizziness & Me, Ménière's Society, The Rookery, Surrey Hills Business Park, Wotton, Surrey RH5 6QT or email: [info@menieres.org.uk](mailto:info@menieres.org.uk)

*Please note: Entries should be your own original work. Artwork submitted by post should be no larger than an A4 large letter. If your artwork is larger than this, please take a photo and send the photo to us by post or email instead. We regret we are unable to return submitted artwork.*

Artwork will be compiled and launched through the Ménière's Society during Balance Awareness Week in September 2020. The aim of this annual week is to *make vestibular (inner ear) dizziness visible and increase awareness and support patients in their journey back to balance.* The resources will then be made freely available to GP and audiology services with the hope that they can be used in waiting rooms and via social media. The Ménière's Society is a registered charity (297246). Find us online <https://www.menieres.org.uk> and on social media @MenieresSociety   



**1 in 5 UK working age adults<sup>(1)</sup> reported dizziness in the last month**

50% of these reported some degree of handicap

40% reported an impact on their work

57% of patients with Ménière's and 65% with vestibular migraine suffer from anxiety compared to 20% of general population<sup>(2)</sup>

(1) Yardley 1988; (2) Szirmai 2011

**Ménière's Society**  
for dizziness and balance problems

