

# Ménière's – Kelly Boyson

## About Kelly

Kelly Boyson was brought up in Spain and moved to the UK to complete her education at the University of Surrey. She worked initially in the fashion business and, following that, specialist recruitment until diagnosed with Ménière's in 2015.

Kelly was finally diagnosed by an ENT consultant after having gone through several months of not knowing why she kept collapsing with severe vertigo, nausea and what she describes as 'generally feeling like she was in the wrong body'. With all this going on Kelly had to be signed off sick from her job.



*"I collapsed on the underground and had the rush hour crowd walk over me for three hours. During an attack I look like I am drunk or drugged and have absolutely no control over my body. It totally incapacitates me. At the beginning this was very frightening. Ménière's is a life-time, invisible illness with no cure. The only positive I have heard is that it goes into remission at some point but there isn't a time scale. Roll on remission..."*

The company Kelly worked for were very understanding and did everything they could to help, but travelling into work became increasingly difficult. Being affected by three or four episodes a week a decision was made as it was too stressful and dangerous for Kelly to carry on working. "That was the icing on the cake" says Kelly, "how was I supposed to carry on with no job?"

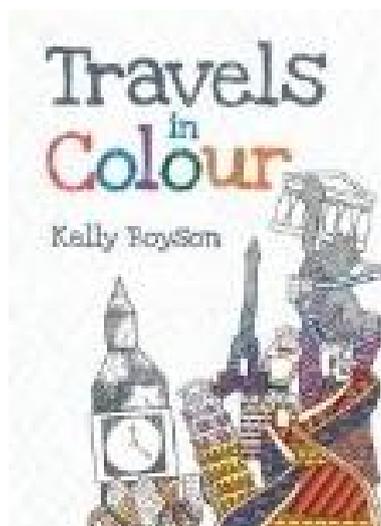
## Balancing Life with Ménière's

Up until this point Kelly had hidden her condition and had only told family and a few friends. She started writing her blog "Balancing life with Menieres". It was a big deal as it meant everyone she knew would find out something was wrong. Kelly admits it felt very scary as she didn't know how people would react. There was only one way to find out!! In her blog she was able to tell people about her experiences, treatments, and how she coped with an invisible illness that not many people understand.

Kelly also looked for other ways to occupy her time. Going out on her own was impossible for over a year as her drop attacks came three or four times a week. Puzzles, colouring books and box sets became her companions. Having used other people's colouring books as a way to get through her day, Kelly began creating her own drawings and decided to produce a colouring book based on places she has visited and places she dreams to visit.



## Travels in Colour



So, although it has been a trial of life something good has come from it. Kelly is now spending time trying to raise awareness of Ménière's and the invisible impact it has on the lives of those affected. Kelly's book 'Travels in Colour' is published by Olympia Publishers and is available to buy from Amazon [www.amazon.co.uk/Travels-Colour-Kelly-Boyson/dp/1848977565](http://www.amazon.co.uk/Travels-Colour-Kelly-Boyson/dp/1848977565)

*"...my book "Travels in Colour" is finally available to order on Amazon! Light at the end of what has been very dark tunnel."*

## Contact the Ménière's Society

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**Ménierè's Society**  
 for dizziness and balance disorders



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