

## 暈眩知多少

- 一、如果您是”梅尼爾氏症”患者，通常會有暈眩、耳鳴、聽力喪失等現象，此種病症是因耳內迷路功能失調所致。
- 二、平日需避免劇烈運動（如劇烈的韻律操、打籃球.....）及吵雜的環境。
- 三、發作期間，最好臥床休息，睡覺時最好有床欄保護，並避免突然變換姿勢、單獨旅行、駕車.....，以免暈眩引起危險。
- 四、請及早就醫，接受醫師的建議，以作適切的治療，使您早日康復。

## Knowledge about Dizzinesses

1. If you are patient to “Meniere's syndrome”, then you may usually be experiencing conditions, such as dizziness, ear ringing, or hearing lost. This disease is caused by imbalanced functions of labyrinth in the inner ear.
2. Must avoid taking strenuous exercises (such as strenuous aerobics, or play baseball) at usual times and noisy environments.
3. During critical period, patient would be better laying down on bed for rest. While sleeping, please also have bed rail for protection, and avoid sudden changes of gestures, travel alone, or driving...etc, in care of causing dizziness.
4. Please go to doctor immediately and follow doctor's suggestions then receive some appropriate treatment. Wish for your immediate recovery.