

ON THE LEVEL

A QUARTERLY NEWSLETTER OF THE VESTIBULAR DISORDERS ASSOCIATION

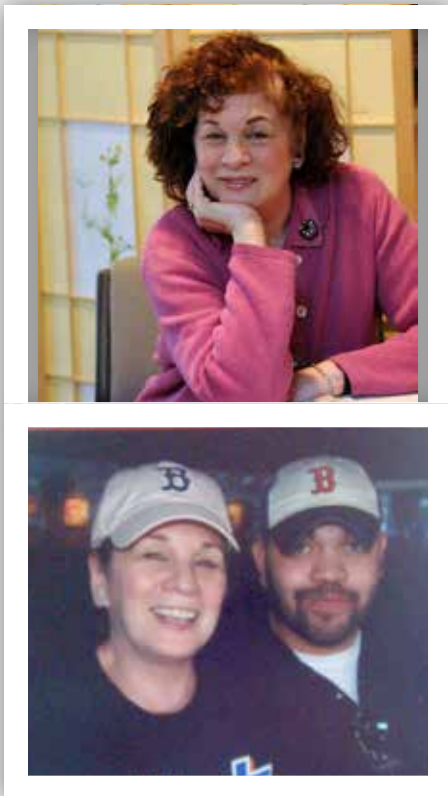


INFORMATION

SUPPORT

AWARENESS

ADVOCACY



Vestibular Disorders Mess with Your Brain

By Anne Kirchheimer

Nine years ago, a month after my 60th birthday, I was hospitalized with extreme vertigo and nausea – so severe that I couldn't walk 5 steps to a telephone for help. Diagnosed with labyrinthitis from a virus that damaged the nerve in my inner ear, hospital neurologists assured me I'd fully recuperate and be back to normal.

The extreme vertigo and nausea dissipated, to be replaced by complete imbalance, cognitive difficulties, severe fatigue, neck pain and excruciating headaches. I thought I was dying, going crazy, or had burned out. I continued to go to work but assumed I would soon be fired from my job as a writer. Used to churning out business plans, proposals and abstracts, I could not write a simple letter, or follow what was going on in a meeting much less run one.

A gregarious, social person, I needed to spend a lot of time alone. I still do. Interacting with even two or three people is exhausting. It's not easy getting used to the "new me."

CONTINUED ON PAGE 2

IN THIS ISSUE

Cognitive Aspects of Vestibular Disorders	3
Annual Report	6
Donors	8
A Message from VEDA's Executive Director	11
Low-Sodium Recipe	12



(TOP LEFT) ANNE IN HER OFFICE (BOTTOM LEFT) ANNE & SON KENNY AT A BASEBALL GAME
(BOTTOM RIGHT) ANNE - SELF PORTRAIT

On the Level is a quarterly publication of the Vestibular Disorders Association (VEDA), published in Portland, Oregon, USA and distributed to national and international members. Information in this newsletter is not intended as a substitute for professional health care. VEDA does not recommend any particular course of treatment, clinic, or health care practitioner. The opinions expressed in articles in On the Level are those of the authors and not necessarily those of VEDA's staff, medical and scientific advisors, or board of directors. The publisher reserves the right to accept, reject, or edit any materials received for publication. No part of this publication may be reproduced without written permission. © All rights reserved.

BOARD of DIRECTORS

President: Sue Hickey
Portland, OR

Vice-President: Sheelah Woodhouse,
BScPT
Calgary, AB Canada

Treasurer: Claire Haddad, CFA
Cohasset, MA

Secretary: Stacey Buckner, DPT
North Potomac, MD

Fred Arrigg, Jr., MD
Lawrence, MA

Gary Breitbord
Framington, MA

Louise Geib
Atlantic Beach, FL

Jack King, PhD
Bloomsburg, PA

Tom Boismier, MPH
Fort Wayne, IN

CDR. Bill Manofsky, Jr.
Ridgecrest, CA

EXECUTIVE DIRECTOR

Cynthia Ryan, MBA
Portland, OR

MEDICAL & SCIENTIFIC ADVISORS

Chair: P. Ashley Wackym, MD
Portland, OR

Joel A. Goebel, MD, FACS
St. Louis, MO

Timothy C. Hain, MD
Chicago, IL

Mohamed A. Hamid, MD, PhD
Beachwood, OH

Susan J. Herdman, PT, PhD, FAPTA
Atlanta, GA

Fay Horak, PhD, PT
Portland, OR

Jeffrey Kramer, MD
Chicago, IL

Lorne S. Parnes, MD, FRCSC
London, ON, Canada

Michael Schubert, PT, PhD
Baltimore, MD

Alain Semont, PhD, PT
Paris, France

Neil T. Shepard, PhD
Rochester, MN

Ronald L. Steenerson, MD
Atlanta, GA

Conrad Wall III, PhD
Boston, MA

Jack J. Wazen, MD, FACS
Sarasota, FL

BRAIN CONTINUED FROM PAGE 1:

Despite the neurologist's assurance of 100% recovery I had to leave my job two and a half months after being hospitalized. After a few months on medical leave it was clear that I would not be able to return to work. I applied for long-term disability insurance through the private insurance company that I was obliged to pay into through my employer. That company required me to apply for social security disability. I was denied disability compensation by both. From the explanations in the denials it was evident that neither the private insurance company nor Social Security workers fully comprehended what a vestibular disorder was.

Granted, it is not easy to understand. My family and friends try to accept the new me, but from things they say I know they don't get the ramifications of a vestibular disorder. How would anyone really understand how tiring, exasperating and disconcerting it is to go through the day seeing every object in a moving state? It's like being in an amusement park fun house with the floors tilting and moving, mirrors distorting everything, but believe me it is NOT FUN. I hired a lawyer for help with the disability insurance issue. Finally, after a year and a half I was awarded long-term disability insurance from the private company and then from Social Security after an appeal that required a hearing before a judge.

I have to treat myself as a delicate hothouse flower – an orchid or something – in order to function at even my compromised level. Enough sleep and rest are mandatory, and I cannot multi-task at all. I can't even talk on the phone while preparing the dog's breakfast, which is not rocket science or a meal at the Ritz!

Today I spent a lot of time on the couch. Resting is a necessity if I expect to function in what is my new vestibular normal. People say I look good. Who wouldn't after spending so much time resting? Having a vestibular disorder takes a toll. It has impacted my career, social life, travel, hobbies and simple pleasures like going to a ballgame or to a club to hear music or dance. My fatigue prevents day trips to beautiful spots in New England that I once enjoyed. The meditative and relaxing pastime as a self-taught painter and collage artist has had to take a back burner. The dizziness, faulty concentration and fatigue were too much.

My heart goes out to people in my vestibular support group, particularly the younger people who are launching careers, raising children, or trying to socialize and meet a life partner while coping with their vestibular disorder.

Most days I don't feel very well, but I try to keep going, try not to get down. A friend in New York City gave me the best piece of advice: "Try to keep your spirits up." Sometimes it is not easy.

On an annual visit to the radiation oncologist who treated me for cancer nearly 20 years ago, I was asked to fill out a form prior to examination. The answers enable the doctor to best assess a patient's cancer treatment side effects and post-cancer quality of life status.

To certain questions I circled yes. I suffer from fatigue, joint and muscle pain, headaches, and dizziness. In parenthesis I wrote vestibular disorder, indicating the symptoms were not a result of my previous cancer.

Upon entering the exam room the doctor immediately spoke to me in the comforting tone I had grown accustomed to during my cancer treatment and further cancer scares over the years. "I am so sorry to hear about your vestibular problems. That is such a debilitating disorder."



Cognitive Aspects of Vestibular Disorders

By Rachel Bilgrei, PsyD

Vestibular disorders affect individuals physically AND psychologically. These disorders are variable not only in their physical manifestation, but in their psychological manifestation as well. And while it is important to understand your physical symptoms, it is equally important to understand your psychological symptoms because they can often trigger and/or exacerbate your physical symptoms.

Cognitive is just a fancy word for thinking. When I use the phrase *cognitive aspects of vestibular disorders* I am referring to how your vestibular disorder affects your ability to think, specifically to pay attention and concentrate, to remember, to reason and to problem solve.

DISORIENTATION AND CONFUSION ARE COMMON DURING ACUTE STAGES OF VESTIBULAR DISORDERS.

In these very frightening and disturbing moments, knowing who and where you are, the time of

This is a man who sees breast cancer patients all day long – some on the brink of death – and yet he understands what I am living with now that I have a vestibular disorder, I thought. Eternally grateful for his wonderful "bedside manner" and excellent cancer care over the years, I also appreciated his empathy for this invisible chronic illness.

I am among the fortunate to have health care professionals who understand the effects of living with a vestibular disorder. They are kinder to me than I sometimes am to myself.

I am a long-term cancer survivor and am supremely grateful for my life. Today I am working on being a vestibular disorder survivor. It may not be life-threatening, but this damned disorder can sure kill your spirit if you let it.

day, etc., may not be readily available to you. Fortunately, these moments are relatively short-lived. As the physical symptoms fade, clarity and comprehension return.

VESTIBULAR DISORDERS INTERFERE WITH COGNITIVE STAMINA/ENERGY.

Cognitive energy is finite for everyone. If you are using a great deal of this energy to maintain equilibrium and stay steady (something that is normally done automatically), it is unlikely that you will have very much left over for other activities. As a result, cognitive fatigue sets in. Activities that you used to be able to perform with ease and very little effort now require much more effort, leaving you drained of energy and requiring rest/naps. Spontaneity goes right out the window.

VESTIBULAR DISORDERS IMPAIR ATTENTION AND CONCENTRATION.

Vestibular disorders interfere with your ability to

CONTINUED ON PAGE 4

pay attention and concentrate. You may find that it is difficult to sustain focus for a significant length of time. You may find you are easily distracted – both by external stimuli (the noise of other people talking, the TV) and internal stimuli (your thoughts and feelings). Multi-tasking, the ability to do and keep track of two processes at the same time can also be compromised. Another area of attention/concentration that is often affected in people who have vestibular disorders is sequencing. For example: You may find yourself mixing up sounds while speaking, or reversing numbers or letters when speaking or writing. You may have trouble following directions, filling out forms, following a recipe, or tracking conversation or plot in a movie.

VISUAL SKILLS INTERFERE WITH PERCEPTUAL ASPECTS OF COGNITIVE FUNCTIONING.

Because of the intricate link between the vestibular system and the visual system, problems with visual-spatial tasks are common in people suffering from vestibular disorders. Eye-hand coordination may not be very coordinated. Depth perception may also be thrown off-course.

THE PROBLEM WITH MEMORY.

The most common cognitive complaint I have heard in my clinical experience working with people suffering from vestibular disorders has been difficulties with memory. And the problem seems to be more with short-term memory (remembering what you had for breakfast this morning) rather than long-term memory (recalling the name of your best childhood friend). Often, but not always, what is perceived as a memory problem is really a problem with attention. I like to use a bank model of memory to explain this phenomenon. To deposit money into your bank account, there are a series of steps that you need to execute in order to ensure your money is properly deposited so that at some later date, it will be there for you to withdraw. The same is true for your brain and processing

“VESTIBULAR DISORDERS INTERFERE WITH YOUR ABILITY TO PAY ATTENTION AND CONCENTRATE.”

information to be stored in memory. There are specific steps it goes through to ensure that information gets “deposited” so that it is available for retrieval or “withdrawal” at some later point. At the bank as well as in your brain, if the steps are not followed properly, the money/information gets lost and thus is not available for future use. The cognitive strain of a vestibular disorder can interfere with this “depositing” or encoding process of information. As such, if the information is never properly encoded, there is no way it will be available at some later date for retrieval.

YOUR EXECUTIVE MAY NOT BE FUNCTIONING.

Imagine that sitting just inside your forehead is a very important person sitting at a very large desk. This person is the executive of your brain, the person in charge of managing, overseeing and coordinating all the functions of your brain. Specifically, this person is responsible for organization, problem-solving, decision-making and self-monitoring. In addition, this person provides you with a sense of internal certainty, that thoughts get organized and plans get executed, seemingly automatically. These abilities are referred to as executive functioning. Unfortunately, in the presence of a vestibular disorder, your executive functioning may not be functioning very well. This person is asleep under the desk! Overworked, under-resourced, he/she is just too overwhelmed, and this automaticity that you so readily rely on is gone. Plans, even the simplest ones, such as getting yourself dressed in the morning, may be completely disorganized ... and disorganizing. You may find it difficult deciding what to have for breakfast. Activities that were automatic, that you never had to even think twice about, now have to be meticulously focused on and thought about.

The difficulties described above can, and unfortunately often do, significantly interfere with day-to-day life. In response to these cognitive changes you may feel that your abilities have

diminished, both at home and at work. However, it is not your abilities that are diminished. It is your cognitive stamina that is depleted because it is being used for a function that, prior to having a vestibular disorder, your body handled easily. Reading is laborious, using the computer is painful and frustrating, balancing your checkbook is near impossible. Or if it is possible, you are doing things very differently than you did before. For example, you may find you operate at a slower pace, needing a lot more time to accomplish tasks than you used to, or with help from others. You may have found a more simplistic approach to accomplishing tasks, one that gets the job done but not nearly as satisfactorily. You may also have trouble navigating large supermarkets or department stores.

COPING STRATEGIES.

Thankfully, there are ways to combat and overcome these difficulties and improve functioning. The chart to the right pairs each problem area discussed above with a variety of coping skills you can utilize to minimize and/or compensate for these difficulties. **Rest, proper nutrition and appropriate exercise are also key components to managing areas of cognitive difficulty.**

TREATMENT.

Participating in treatment offers individualized attention to your specific problem areas while also providing normalization, validation and support. Sometimes professional help begins with a neuropsychological evaluation. This evaluation can provide detailed information about your cognitive functions. It identifies your strengths and weaknesses, areas in which you are functioning normally and areas in which you are having problems. With the results of this evaluation, treatment recommendations are made, usually for a course of cognitive rehabilitation. Cognitive rehabilitation can be done by an occupational therapist, a speech therapist or a psychologist. A first step is increasing awareness and self-monitoring of difficulties. Once problems are clearly identified and understood, there are two routes available: (1) cognitive retraining (a physical therapy for the brain) to remediate problem areas and (2) learning compensatory strategies. In cognitive retraining, skills (such as attention and

AREA OF DIFFICULTY	COPING STRATEGY
Disorientation and confusion	Just BREATHE. Repeat the mantra: “This will pass. I’m OK.”
Cognitive fatigue	Self-monitor: Conduct self-checks of your mental energy. PACE YOURSELF. TAKE BREAKS.
Attention/concentration	Enlist all sense modes to take in information. Listen to what is being said, write it down, read it, and say it out loud.
Visual skills	Visit large stores at off-peak hours. Read from a printout rather than from a computer screen. Listen to information rather than reading it (when possible).
Memory	Make lists. And check them. Often.
Executive functioning	Create a structure and routine to your day and follow it consistently every day. Use an organizer/daily planner. Prioritize.

concentration) are practiced and strengthened through a variety of exercises. Learning compensatory strategies involves utilizing strengths to overcome weaknesses, and developing a “bag of tricks” that you can employ to get around problem areas.



RACHEL BILGREI, PSY.D. IS A CLINICAL PSYCHOLOGIST IN PRIVATE PRACTICE IN NYC. PREVIOUSLY, SHE WORKED AS THE VESTIBULAR PSYCHOLOGY COORDINATOR AT THE RUSK INSTITUTE OF REHABILITATION MEDICINE. CURRENTLY, DR. BILGREI IS COMPLETING HER PSYCHOANALYTIC TRAINING AT THE NYU POSTDOCTORAL PROGRAM IN PSYCHOTHERAPY AND PSYCHOANALYSIS. RACHEL IS A LONG TIME VEDA MEMBER.

Annual Report

2013 - A YEAR IN REVIEW

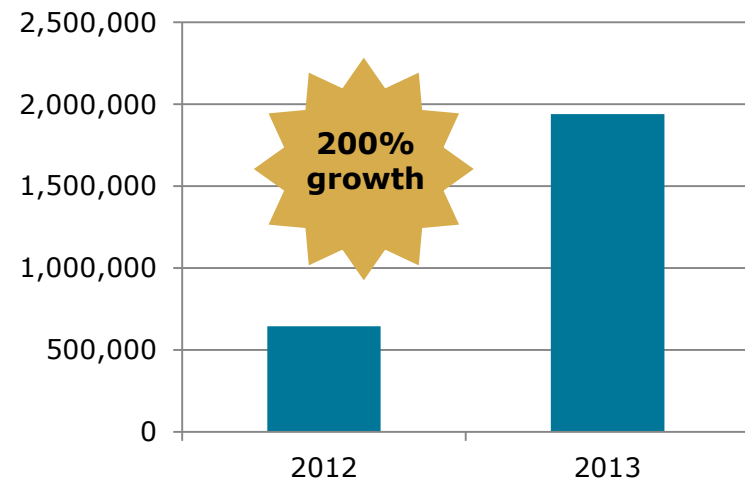
INFORMATION

SUPPORT

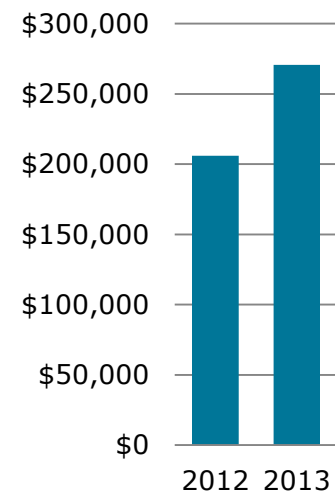
AWARENESS

ADVOCACY

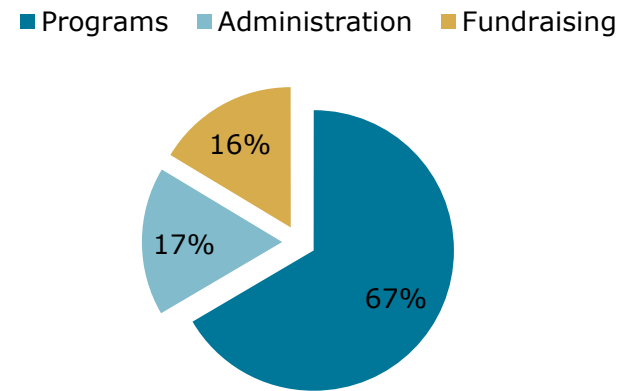
Website Visitors



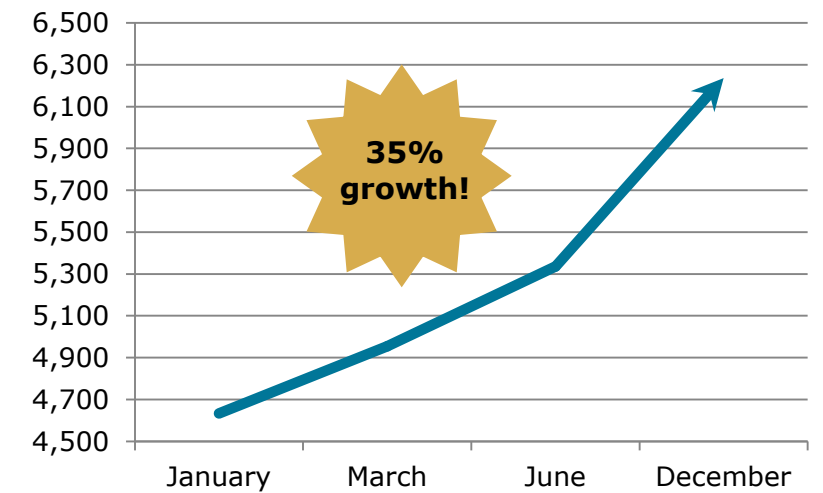
Revenues



Expenses



Facebook Followers



ACHIEVEMENTS

HIRED FIRST DEVELOPMENT DIRECTOR



FORMED ADVOCACY COMMITTEE & CREATED A PLAN

DEVELOPED A MARKETING PLAN



LAUNCHED THE VEDA SUPPORT GROUP NETWORK

BALANCE AWARENESS WEEK REVENUE UP 152%



337 MEDIA IMPRESSIONS = 23 MILLION VIEWERS

Thank You to our 2013 Donors!

GUARDIANS

\$5,000 TO \$10,000
Susan Papa

PATRONS

\$1,000 TO \$4,999
Sue Hickey & Sheldon Klapper
Claire Haddad
Phyllis Schwartz
Gary Breitbord
Sheelah Woodhouse
Grand Valley State University
DPT Class of 2014
Louise Geib
Dr. David Beal
Gary Bowen
Gail Gallagher
Alice Hirsh
Merilee Holst
Lester & Becky Knight
John Miller
Robert Reyes
Alex Schmelzer
Roggiero Spillere
Laura Stanford
Susan Weiner
The Capital Group
Companies Charitable
Foundation
Asher Media Inc.
Jennifer Gittins-Harfst

FRIENDS

\$500 TO \$999
Liza Botkin
Dr. Grayson Rodgers
The Mildred M. Voelker
Memorial Fund
Dr. Gaye Cronin
Deanne Bonnar
Lawrence Kreicher
Dr. Stacey Buckner
Amol Tembe
Andrew Altersohn
Thomas Boismier
Deanne Bonnar
Gregory Cox
Scott & Christina Duncan
Mr. and Mrs. Leroy Fadem
Anne Hartnett
Gennaro Marsico
Fred Nives
Nick Ponomareff
Steven Smith
Mina Stachowiak
Lawrence Williamson
Madison Community
Foundation
Kurz Family Foundation

ADVOCATES

\$250 TO \$499

Sue Fisher Seeger
General Atomics
Larry Bowman
Stephen Fisher
Michael Sperlinga
Gerda Wassermann
Heloise Erdman
Steve Rosenberg
Caren Backus
Jorita Black
Jennifer Briscoe
Alan Butchman
Sherrie Derr
Matthew J Donachie
Karla Droste
Jeffrey Dunn
Rebecca Gale
Mark Gallagher
Wendy Golden
Dianne Gregg
Stephanie Hagen
Jonathan Hartl
David & Amy Jaffe
Ellis Kern
Victoria LeFevre
Mike Malloy
Brandie Miles
Carol Murphy
Seta Nazarian
Donna Plunket
Donald Risucci
Gary Rogers
Anne Rorimer
Donald Seitz
Cheri Smith
Nancy Waliszek
Willow Grove Physical
Therapy, LLC
Betty Commerford

ASSOCIATES

\$100 TO \$249
Frank Bonnell
Nina Cohen
Jeffrey Fuchs
Kendra Gilkes
Ronald Jewell
Richard Jorgenson
Susan Kellett
Walter Lyon
Sarah Martell
Beth Masterman
Hugh McLean
Paul Olson
Helene Raab
Luis Rey
Bill Schmitt
Marjory Schollhamer
Dean Smith
Margaret Stika-Walsh
Lawrence Stone
Rusty Thomasson
Ian Ball
Doris Graf

Karen Meyer

Alice Wallack
Franz Euler III
Robert Santamaria
Lora Buck
John Meuser
Herbert Adelman
Julie Bennett
Sheila Bernard
Barbara Cantacuzino
Carmella Ettinger
Dr. Dennis Fitzgerald
Beatrice Geib
Eduardo Gonzalez
John Hudson
Kathleen Makenas
Stephanie Miles
Charles Rooks
Mordecai Rosenfeld
Rebecca Rubin
Jason Shattles
Loretta Siciliano
Karen Steinberg
Ian Street
Julie Takeda
Jane TerHorst
Pirjo Tuomi
Lynne Feigenbaum
Lynne Zank
Jeffrey Gray
Thomas Levins
Wendy Godfrey
Ora Botwinick
Christina Schnurr
Donald Abel Jr.
Suzette Amort
Lynette Apen
Kirk Arnold
Donna Baracka
Staci Berkson
Stuart Berman
Kathy Blair
Lisa Blanco
Todd Bowker
Joseph Britton
Alice Brumbaugh
Delbert Bryant
Tom Buchanan
Lisa Canivez
Dr. Virginia Casper
Victor Castellanos
Peter Anzalone
Jeffrey Colburn
Brigitte Cook
Leanne Crowley
James Curtis
Robert Curtis
Ann Curvin
Katherine D'Amaro
C. Michele Degan
James DeMaio
Elizabeth DiMichele
Dr. George DuPaul
Kevin Eagan
Raina Elfner

Steven Fadem

Jo Fisher
Robert Freier
Johanne Gibson
Clare Glassell
Dr. Joel Goebel
Monika Gold
Jacqueline Goldberg
Eduardo Gonzalez
Edward Goss
Dr. Barbara Grossman
Dr. Paul Hagen
Courtney Hall
Boo Hauck
John Headley
Forrest Heaton
Thomas Heilmann
Margaret Higgins
Reuben Hill Jr.
Shaler Houser
Veronica Howard
Linda Johnson
Jim Judge
Mary King
Dr. Bonni Kinne
Kenneth Koehler
Joan Lafferty
Anne LaVallee
Diane Lee
Robert Lenkauskas
Kay Long
Edith Lord-Wolff
Thomas Lyall
Pauline Macal
Elsie Mackenzie
Frederic Marks
Kenneth Marks
Joseph McCarthy
Keavy McNaughton-James
Mary Jeanne McPaul
Dr. Robert Meyer
John Minson
Christopher Morrow
Ron Murphy
Sara Neel
Keith Nelson
Marilyn Nielsen
Ricardo Nunez
Timothy O'Brien
Lynda Oros
Claudette Orzech
Alice Owen
John Paljug
Raymond Pasquale
Susan Paul
Margaret Paul
Kathy Perigloisi-Miller
Gary Pitts
Robert Power
Richard Prigal
Bob Rich
Laura Ritchie
Dennis Robinson
Candace Rodriguez
Molly-Jane Rubinger

Cynthia Ryan

Dr. Donna Schroeder
Corey Shoup
Amy Shuler
Margo Simmons
Marni Simon-Blake
Louis Sloss Jr.
Dr. Lewis Snitzer
Sally Sosnoff
Jesse Sowell
Mary Stephenson
Barbara Strongin
Margaret Tetreault
David Thomas
Tricia Tolivar
Dr. Nancy Tuholski
Randy Uram
Leslie Vail
Leonard Vairo
Robert Verdolino
Michel Vincent
Shirley Votaw
Michael Wah
Dr. Priscilla Wallack
Dr. Carol Wamsley
Dr. Jack Wazen
Tom Weadock
Wendy Webb Schoenewald
Andrea Williams
Frank Yang
Jonathan Zarkower
Linda Zonana
Barbara Zywicke
Dr. Liz Perkins & Ms. Lori
Kautzer
William Robinson
Norita Nelson
Lottie Wolff
Lisa Epstein

SUPPORTERS

\$50 TO \$99
Richard Nolle
Richard Zukin
United Way of Central
Indiana
Evelyn Barlow
Mason Cardwell
Eileen Gordon
Lloyd Jordan
John Peterson
Hannon Rasool
Ottillie Schmid-Sanders
Linda Sorg
Gillian Spencer
Donna Webber
Jay Yanota
Terry Tatarian
Kay Lynn Moltmann
Martha Plotkin
Mandy Sheldrake
Tom Basista
Barbara Bloom
Michael Cooke
Muriel Douglass
Ethel Feltham
Col. Lester Frazier
Joyce Havens

Carl Hinrichs

Stephen Johnson
Cathleen McGarity
Deborah Richardson
Patricia Schultz
Elizabeth Skeahan
Mildred Walter
William Ahern Jr.
Suzanne Barber
Pam Barlesi
Reva Barno
Barbara Beckler
Kevin Belli
B. Richard Benioff
Carl Best
Dr. Krishna Bhagavan
Christa Bosserman Wolfe
Ralph Bouma
Dr. Monte Bridges
Nancy Burke
Susan Busch
Silvia Canessa
Tim Centola
Carolyn Chambers
Tonia Chapman
Richard Cherrin
Jeanette Clark
Nancy Comstock
Jill Cowley
Mary Ann Coyne
Bernd Crasemann
Jane Davis
Tara Denham
Stephen Deutsch
Michele Di Pietro
Linda Dinan
John DiPietro
Eugene Doty
Carol DuBois
Elsa Ennis
Andrew Epstein
Steven Erts
George Faucher
Steven Fisher
Susan Flaherty
Norma Flynn
Florence Frantz
Mary Ann Fraundorf
Judith Gage
Margaret Garman
Arthur Geib
Joan Gell
Mary Lou Gerek-King
Marilyn Girouard
Christopher Glen
Chen Goldenberg
Bethany Gonzalez
Rick Grady
Lauri Greenberg
Ann Groves
Steven Haberman
Alice Hampton
Thomas Hargrave
Alison Harrell
William Haywood
Sara Heaton
Lt. Col. Donna Heinz
Polly Heninger

Deborah Hitt

Mary Ann Hodges
Barbara Horstmann
Evyann Horton
Vicki Hotte
Lani Houck
Laura Isham
Tetsuro Iwasa
Hugh Jacobs
Steven Johnson
Ann Katz
Kris Lee King
Meg Knier
Thomas Kolathu
Ilyne and Richard Kuper
Max Lamm
Lois LaTorra
Nicolas Lecaroz
Donna LeGrow
Harriet Leslie
Lee Loewen
Paula Lusthader
Gail MacColl
Paige MacLane
Arlene Magdall
Jackie Makarowski
Julie Manley
David Matteodo
Dr. Sue Maurer
Flavia Mercado
Michael Mohr
Connie Monroe
Allen Montecino Jr.
George Moore Jr.
Grieke Moran
Peter Newland
Marcia Nichols
Roy Niebling
Joanna Nilsen
Donna Nisperly
Joan Noguera
William Norris
Jeanne Nowak
Gretchen OBrien
Iris Osman
William Ottman
Yvette Paris
Vicki Parks
Kathy Pedersen
Dr. Michael Pomianek
James Probst
Stan Reiss
Laura Renker
Penryn Rickard
Pamela Rideout
Mark Roesch
Rob Ross
Terri Rothstein
Ralph Rotman
Ann Groves
Steven Haberman
Alice Hampton
Thomas Hargrave
Alison Harrell
William Haywood
Sara Heaton
Lt. Col. Donna Heinz
Polly Heninger

Tamar Schwartz

Maria Shackelford
Sari Shatil
Ann Sheridan
Angela Smoger
Sandra Spector
Dr. Gary Stanton
Judy Stellato
Richard Stevens
Michael Stevens
David Stokes
Helen Stoll
Barbara Strongin
David Sugarman
Myrna Sunberg
C. Dana Switzer
Randolph Szabla
Dr. James Targove
Christine Testani
Eric Tiller
Nancy Tropic
Robert Tubay
Karen Vulin
Janice Wallis
Burma Williams
Mary Williams
Cindy Young
Franklin Young
Dawn Zimbal
Susan Brown
Richard Kreuser

CONTRIBUTORS

\$1 TO \$49
Ernest Moore
Marcella Samuel
Dr. Joan Barth
Diana Pellegrin
The Moltmann family
Maj. Gen. Stephen Meltzer
Phyllis Wasserstein
J. Burton Berlin
Barbara Burtchael
Debra Davis
Ann Flaherty
Kimberly Harrison
Judith Katzman
Beatrice Kidwell
Kathy Magnotta
Theodore Norton
Rev. Andrew Stanko
Donna Wood
Peter Bosserman
Theresann Bosserman
Sandra Crawford
Sarann Fierverker
Andrea Hoda
Cornelia Ives
Alexis Kaiser
Karin Sauder
Iris Tansman
Tony Staser
Daily Good
Mary Ann Acara
Debra Alberts
Patti Ann Allen
Jerri Arora
William Baer

CONTINUED ON PAGE 9

Sandra Ball
 Thomas Barbee
 Mitchell Barell
 Sybil Barzilay
 Judy Bean
 Clare Bentz
 Beth Bickel
 Scott Birmingham
 Danny Blackburn
 Jami Boettcher
 Paul Bond
 Karen Bordner
 Marcia Brier
 Jean Burgess
 Todd Cabell
 Theresa Carrabino
 Robin Castillo
 Patti Cavaliere
 William Chambers
 Paul Chandler
 Charlette Chastain
 Donald Citak
 Rachel Corbett
 Susanlynn Cox
 Dave Craggan
 Pamela Cunningham
 Nicholas Curcio
 John Dagdigian
 Kate Dauphinee
 Arlene Davis
 Michael De Fazio
 Ann Deane
 Christine Deluski-Walter
 Elizabeth Diachun
 Kathryn Dow
 Anita Drescher
 Philip Durnin
 Dr. Susan Engel-Arieli
 Carolyn Escher
 Kathleen Fabelle
 Judith Fallat
 John Ferraro Sr.
 Marlene Folse
 Christine Forlano
 Deanna Franco
 Marcia Garb
 Bucky Geer
 Chris Gillespie
 Stacie Goins
 Meryl Gold
 William Goldman
 Eleanor Goldman
 Jaime Gonzalez
 Diane Graybehl
 Dan Greer
 Barbara Guadagno
 Carrie Haas
 Dr. Timothy Hain
 Carol Hall
 John Heckard
 Paula Henderson
 Elizabeth High
 Chip Himelhoch
 Judith Hintzman

Paul Holloper
 Barbara Horstmann
 Patricia Humes
 Doris Ireland
 Guang Jin
 Carol Johnson
 Marielena Kamienski
 Elizabeth Keul
 Elizabeth Knees
 Paul Knickelbein
 Charles Kocher
 Joan Kraus
 Marcelle Kutun
 Selina Lai
 Tracie Lamb
 Elaine Lancaster
 Brent Lane
 Cynthia Larsen
 Alan Latt
 Margaret Le Blanc
 Elaine Libman
 Melanie Lipscomb
 Raymond Loen
 Jacqueline MacGregor
 Kirsti MacPherson
 Vicki Martinson
 Laura McDevitt
 Robert McFarland
 Sharron McKenzie
 Elizabeth Merck
 Deborah Morawski
 Louis Moreno
 Dr. Gerald Moss
 William Munsell
 Margaret Myers
 Janet Myers
 Faye Neiberg
 Sister Kathryn Nelson
 Judy Nolan
 Sylvia Oberstein
 Mary O'Shaughnessy
 Magda Ouess
 Mary Pawlak
 Chris Pearson
 Steven Perkins
 Sobharani Potluri
 Linda Price
 Elizabeth Prigge
 Robert Primavera
 Suzy Quinn
 Gauri Raheja
 Lois Ramos
 Don Robitaille
 Leonard Rochwerger
 Roger Roley
 Lynne Rosenberg
 Dr. Joel Rosenblatt
 Darleen Runge
 Mary Kay Ruwette
 Mary Sanders
 Ryan Sanderson
 Trina Santa Ana
 Janet Saulsbury
 Amy Schmukler

Alexis Scott
 June Selders
 Anna Shenk
 James Shepperd
 Accursia Sichenze
 Raffaella Sinopoli
 Mark Smith
 Joan Smith
 Donna Smith
 Dr. Thomas Sollas, Jr.
 Beverly Sontheimer
 Elizabeth Stengel
 Ted Stevens
 Theresa Stoel
 Lawrence Sweeney
 Micah Tamminga
 Rhonda Tan
 Mitchell Tilkin
 Todd Vick
 Sarah Votrobeck
 Christa Vragel
 Cindy Wade
 Michael Weiss
 Kevin Welch
 Margaret Werrell
 Judith Wexler
 Kate Whetten
 Nancy Wiens
 Burma Williams
 Mary Williams
 Julie Williamson
 Janet Winne
 Maureen Young
 Carolyn Zebarth
 Fred Zemke
 Ronnie Alter
 Susan Barniak
 June Battaile
 Teresa Bischoff
 Judy Bullis
 Robert Carr
 Carmela Cottone
 Jeff Ireland
 Nancy Keating
 Margo Malone
 M Marks
 Olga McFarland
 Mary McKechnie
 Alice Munno
 Eleanor Quijada
 Carol Shuss
 Christopher Tom
 Carolyn Tomei
 Alice Unno
 Brenda Van Meter
 Donna Watson
 Pamela Goldberg
 Robert Corbett
 Debra Davis
 Joan Fratz
 Jacqueline Hooper
 Nadine Moser
 Doris Slone
 Susan Tepper

Elwin Breniser
 Johanna Brown
 Jeffrey Caskey
 Sandy Cochran
 Mark Correll
 Hannah Dorsey
 Barbara Edwards
 Jim Hanson
 Jeanette Hawkinson
 Rowland Hensley
 Michael Johnson
 Lisa Jones
 Susan Karlin
 Richelle Marszalek
 Perry Martin
 Cindy Price
 Dorothy Tan
 Joanne Topping
 Gary Topping
 Susan Turnbull
 Jerol Whitaker
 CD International
 Elma Booth
 Andra Fischgrund
 Joanna Fowler
 Andrea Heatley
 Meredith Page
 Peter Scaperotta
 Jean Tassitano
 Renee Veloric
 H Thomas Hollingsworth
 Amanda Heaton
 Vivian Walker

BALANCE AWARENESS WEEK SPONSORS
 Otometrics
 Neurokinetics
 Dr. Fred Arrigg
 Micromedical
 UrbanPoling
 Dr. Joel Lehrer
 Elks Hearing & Balance Center
 Sea Agri., Inc.
 Equilibrium Balance Center
 Scan Health

CORPORATE PARTNERS
 Otonomy

MATCHING GIFTS
 EOG Resources, Inc
 GE Foundation
 Fidelity Charitable Gift Fund
 BAE Systems Inc.
 Microsoft Matching Gifts Programw
 MFS Matching Gift Program
 Phillips 66
 QVC Partners In Giving

YES! I WANT TO HELP PEOPLE SUFFERING FROM VESTIBULAR DISORDERS.

Your support helps VEDA provide information on vestibular disorders to thousands of people every year. Thank you!

You can renew your membership or make a donation to support VEDA's life-changing work online at vestibular.org or send your payment to 5018 NE 15th Ave, Portland, OR 97211 with the enclosed self-addressed envelope.

Annual Membership:

- Basic \$40 (e-newsletter only-email required)
- Professional \$110 (e-newsletter only-email required)
- I would like to receive your newsletter in the mail for \$5 US/\$15 International

Donation:

- \$25 \$50 \$100 \$150 \$200 \$250
- Other \$_____
- Charge my credit card monthly \$_____
- Please make my donation anonymous

Method of Payment:

- Check (payable to VEDA in US Dollars)
- Visa MasterCard American Express
- Please send me information about including VEDA in my Will or Estate Planning.

NAME _____

BILLING ADDRESS _____

CITY, STATE, ZIP _____

E-MAIL _____

PHONE _____

CREDIT CARD # _____

EXP. DATE _____ CSV CODE _____

Thank you for supporting the Vestibular Disorders Association! With your help we can reduce the time it takes to accurately diagnose vestibular disorders and improve treatment outcomes, helping patients live happy, productive lives.

A MESSAGE FROM VEDA'S EXECUTIVE DIRECTOR



2013 has been a year of tremendous growth for VEDA. Not only did we hire our first development director and, as a result, hold our most successful Balance Awareness Week, we reached more vestibular patients than ever before with information and support, raising awareness and moving closer to a day when vestibular disorders are widely recognized, rapidly diagnosed, and effectively treated. And the credit goes to YOU, our supporters: YOU renewed your membership; YOU made an additional gift; YOU participated in Balance Awareness Week; YOU shared VEDA's message with your social networks. It is only together that we can achieve our goal of reducing diagnosis times for vestibular patients - and thanks to YOU we're on our way! Here's to an equally successful 2014!

~ Cynthia Ryan, MBA

VISIT VESTIBULAR.ORG/FEEDBACK TO SEND US YOUR FEEDBACK.



Balance Awareness Week - September 15-21, 2014



VESTIBULAR

DISORDERS ASSOCIATION

5018 NE 15th Ave, Portland, OR 97211, USA
800.837.8428 | info@vestibular.org
vestibular.org

NONPROFIT ORG
U.S. POSTAGE
PAID
PORTLAND, OR
PERMIT NO. 5882

CHANGE SERVICE REQUESTED

The Vestibular Disorders Association (VEDA) is a 501(c)(3) nonprofit organization whose mission is to inform, support and advocate for the vestibular community.

Low-Sodium Recipe by Dr. Maggie Bloom, PhD

Rainbow Veggie Stir-Fry



This delicious veggie dish can be used as a side dish or an entire meal. While it already has beans in it, you can add another protein of choice like fish, eggs, tofu, chicken, turkey or lean meat. You can also sprinkle on a ¼ cup low-sodium cheese.

Feel free to pair this dish with grains like brown rice, quinoa, buckwheat/kasha or whole grain pasta. You can also serve it chilled in a low-sodium pita.

Coat large frying pan with olive oil spray. Warm the pan (medium heat). Add vegetables, starting with those that take the longest to cook (carrots, onions, eggplant and zucchini). As they begin to brown and soften, add the cabbage, then bok choy, tomatoes, celery, spinach and kale. Stir every few minutes to keep all ingredients tossed to the bottom. Lastly, add beans, olive oil, lime juice, spices and herbs.

Be sure not to overcook this dish. It is healthiest and tastes best when it is al dente. Use the juices made by the veggies when serving as they are chock full of nutrients. Enjoy!

VISIT VESTIBULAR.ORG TO READ MORE ABOUT DIETARY CONSIDERATIONS FOR VESTIBULAR DISORDERS UNDER 'EDUCATIONAL RESOURCES.'

INGREDIENTS

olive oil spray
1 Tbsp. of olive oil
12 oz. chopped kale
2 carrots chopped
12 oz. chopped cabbage (red and green)
1 medium white eggplant cubed
4-5 bok choy leaves with stems chopped

baby spinach leaves
15 oz. can of cannellini beans- no salt added (white kidney beans)
15 oz. can of fire-roasted tomatoes (no salt added)
2 small zucchinis chopped
1 celery stalk chopped
8 oz. chopped red or sweet onion
cilantro

parsley
juice of a ½ lime
black coarse pepper
paprika or chili powder
celery seed
Spike (no salt added)
basil
oregano
garlic powder
2 Tbsp. Brewer's Yeast