

## MdDS is recognised as a Disability by

- **The Department of Human Services Australia**
- **National Health Institute USA**
- **Wellcome Trust UK**

Our medical /research board consists of:

**Dr Cherylea Browne.** Lecturer in Human Anatomy at Western Sydney University. Currently investigating the underlying hormonal aspects of MdDS and autonomic nervous system maladaptation in MdDS patients

**Dr Luke Chen.** Neurologist at Sydney Neurology, Brain and Mind Centre, University of Sydney. And also Neurology Network Melbourne

**Dr Shaun Watson.** Neurologist and has practices located in Blacktown and Randwick, NSW

**Dr. Viviana Mucci** (Ph.D) a postdoc researcher from University of Zurich and currently affiliated to the Swiss Concussion Centre, Schulthess Klinik in Switzerland.

MdDS Australia is partnered with **Rare Voices Australia**

## OUR AIM

- To promote awareness both within the medical world and the wider Community
- To assist with clinical trials and studies
- Encourage and embrace ways of helping better manage our symptoms

## For further Information

MdDS Australia

[Mddsaustralia.com](http://Mddsaustralia.com)

Email: [mddsaussies@gmail.com](mailto:mddsaussies@gmail.com)

National Organisation for Rare Diseases

[Rarediseases.org](http://Rarediseases.org)

Vestibular Disorders Association

[www.vestibular.org](http://www.vestibular.org)

Dr Tim Hain

[www.dizzinessandbalance.com](http://www.dizzinessandbalance.com)



## Mal de Debarquement Syndrome

is a rare and chronic disease.

It is considered to be an Orphan condition, affecting fewer than 1/150,000 people

**MdDS** is a neurological disorder when one feels a persistent perception of rocking and swaying.

It may last for months, years or be forever present. It generally appears after being exposed to passive motion such as being on a ship, an airplane or even a car journey.

Together we can offer help, support and understanding.

Together we can find how to better manage our symptoms..

Together we can find a balance

## What is MdDS

Persistent Mal de Debarquement Syndrome is a rare disorder affecting 1 in 150,000 people.

The individual has a continuous sense of motion when on stable ground. MdDS usually occurs after the person has travelled on a ship. But may occur after exposure to other motion such as a plane journey.

It is thought that during this period of travel the brain sensitises to the rocking motion. Once back on solid ground, the brain fails to readjust.

However, due to the rarity of the condition, research is being undertaken to find the underlying mechanisms.

Other symptoms may include:

- Fatigue
- Difficulty concentrating
- Staggering gait
- Headaches

## Cure and Treatments

To date there is no cure for Mal de Debarquement Syndrome

Treatments offered by your Dr will depend on your personal circumstances. Some have benefited from osteopathic care., Vestibular therapy and massage as temporary relief from symptoms.

Often anti-depressants are prescribed, with ranging effectiveness. Given the modality of MdDS, depression and anxiety are common comorbidities.

**Relief is found whilst being back in passive motion such as driving. is not found to be the case with other balance disorders**

MRI and CT scans appear normal

MdDS Australia does not endorse any type of medication.



## Recent Survey Results

Surveys of the Australian MdDS community reveal:

- ☐ Over 90% were women
- ☐ Cruising was the main cause of onset
- ☐ Over 50% were self diagnosed

***The latter reinstates the need for more awareness within the medical community, together with better understanding.***

**Exacerbating factors also included**

- ☐ Fatigue
- ☐ Stress/anxiety
- ☐ Bright lighting
- ☐ Low barometric pressure
- ☐ Confined spaces
- ☐ Hormonal changes
- ☐ Computer work
- ☐ Showering
- ☐ Supermarkets
- ☐ Shopping Centres
- ☐ Bending down
- ☐ Repetitive Movement
- ☐ Darkness
- ☐ Going Down Stairs
- ☐ Cold/flu