

# Orange Dental And ENT Care Centre

## Snore And Sinus Clinic

30K Ramkrishna Samadhi Road, Near Charring Cross Nursing Home, Behind Kakurgachi Bada Park.

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### Instructions to be followed by Patients with Meniere's Disease

You have been diagnosed to have Meniere's disease.

**1) You are advised to avoid the following :**

- i) Smoking
- ii) Caffeine
- iii) Alcohol
- iv) Chocolate
- v) Pizza
- vi) Preserved Foods
- vii) Smoked fish
- viii) Salt <1gm per day
- ix) Foods rich in high cholesterol & triglyceride
- x) Foods with high carbohydrate content
- xi) Excessive sweets & candy
- xii) Chinese foods

**2) Regular Exercises**