Meniere’s disease (MD) is characterized by episodic vertigo, sensorineural hearing loss, and tinnitus. Various treatment options exist, including diuretics, intratympanic gentamycin, and even surgery. More recently, intratympanic steroids (ITS) has grown in popularity in the management of MD, partly due to ease of administration in the office, repetitive treatments, and increased concentration of steroid in the inner ear. The purpose of this study was to aggregate the published data and to quantify the long term efficacy of ITS in the management of vertigo and hearing loss seen in MD.

**INTRODUCTION**

Meniere’s disease (MD) is characterized by episodic vertigo, sensorineural hearing loss, and tinnitus. Various treatment options exist, including diuretics, intratympanic gentamycin, and even surgery. More recently, intratympanic steroids (ITS) has grown in popularity in the management of MD, partly due to ease of administration in the office, repetitive treatments, and increased concentration of steroid in the inner ear. The purpose of this study was to aggregate the published data and to quantify the long term efficacy of ITS in the management of vertigo and hearing loss seen in MD.

**METHODS**

This study consisted of analysis of articles on the use of intratympanic steroids for MD. Inclusion criteria for this study included both prospective cohorts and randomized control trials reporting data using the 1985 to 1995 AAO-HNS guidelines in English with at least 18 months of follow-up. Endpoints were vertigo control and hearing preservation using AAO-HNS guidelines for audiometric data, including pure tone average (PTA) and speech discrimination scores (SDS).

**RESULTS**

Five articles totaling 138 patients qualified and with extractable data

- Complete control of vertigo in 45.6% (95% CI, 27.5%-64.4%)
- Substantial control of vertigo in 23.3% (95% CI, 15.8%-32.3%)
- A >10 dB improvement in 23.2% (95% CI, 12.9%-35.6%)
- No change in PTA or SDS (not shown) after >18 months of therapy

**CONCLUSION**

ITS can be considered as an option for patients with intractable Meniere’s disease. The studies included in this meta-analysis have a heterogeneous ITS protocol and further research must be done to determine the most effective timing and dosage for ITS therapy.