

MdDS is recognised as a Disability by

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

Our Medical Board consists of

Dr Alan Pearce PhD
Swinburne University

Alan is responsible for providing trial treatments in Australia using repetitive Transcranial Magnetic Stimulation

His results to date are promising,

These are detailed in his recent paper published in the **Journal of Neuropsychology 2015.**

Dr Shaun Watson

Dr Watson is an Australian-based health professional. Shaun is trained as a Neurologist and has practices located in Blacktown and , Randwick. NSW

Dr Luke Chen

Dr Chen is a highly qualified neurologist with subspecialty expertise in hearing and balance disorders .He is located at the Alfred Hospital , Melbourne

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

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For further information visit

Vestibular Disorders Association

www.vestibular.org

National Organisation for Rare Diseases

www.rarediseases.org



ABN 474756417



Mal de Debarquement Syndrome

is a rare and chronic condition. It is considered to be an Orphan condition, the prevalence of which is currently unknown.

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

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What is MdDS

Persistent Mal de Debarquement Syndrome is a rare disorder

The individual experiences 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
- Tinnitus
- Ear pain/fullness

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.

Relief is found whilst being back in passive motion such as driving. This 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.

Please refer overleaf for more information



In December 2015, a survey of the Australian MdDS community was undertaken.

It revealed :

- Over 90% were women
- Cruising was the main cause of onset
- Air travel more greatly recognised as a cause of onset
- Improved diagnosis rate - up by 23%

The latter reinstates that awareness is growing 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