

Dedicated to finding the cause and cure for MdDS

# Mal de Débarquement Syndrome (MdDS)

Also called: Disembarkment Syndrome, Rocking Vertigo



Mal de Débarquement Syndrome is a neurological disorder that leaves patients feeling as if they are rocking, bobbing, or swaying. It can be diagnosed and managed.

### Symptoms of MdDS



- Sensation of being in motion lasting for months to years which may be accompanied by:

  - unsteadiness
    sense of unstable ground
  - fatigue
- difficulty concentrating
- anxiety
- visual motion intolerance



It is not spinning or rotational vertigo.

## ICD-10-CM Diagnosis Code R42

### Diagnosing MdDS

No tests can provide a definitive diagnosis of MdDS. Diagnosis may be made by asking these questions:

- Did you recently travel on a ship, boat, train or other motion experience?
- Do you still feel like you are rocking and swaying and the only time it stops is when you are in motion (e.q.: driving or riding in a car)?



A key diagnostic indicator is that symptoms often temporarily remit when the patient is back in motion.

# Mal de Débarquement Syndrome is indexed in the ICD-10-CM under Billing Code R42.

# Innovative treatment options are on the horizon. mddsfoundation.org/research





### Duration

Symptoms may be quite disabling and can persist for months...









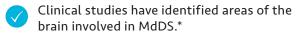
... even years.

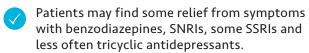
### Classic and Spontaneous Onset

air boat car/ train spont.

Diagnosis is based primarily on clinical history, such as recent travel, but patients may also develop the syndrome without a motion trigger.

### Treating MdDS





At present there are no treatments or therapies proven to be universally helpful to those suffering from MdDS.

Anticholinergic medications for typical forms of dizziness are not effective for either prevention or treatment of MdDS.

#### References

**Yuan H**, Shou G, Urbano D, Ding L, Cha YH. Resting state functional connectivity signature of treatment effects of rTMS in Mal de Debarquement Syndrome. *Brain Connect*. 7:617-626, **2017**.

**Clark BC**, Leporte A, Clark S, Hoffman RL, Quick A, Wilson TE, Thomas JS. Effects of persistent Mal de debarquement syndrome on balance, psychological traits, and motor cortex excitability. *J Clin Neurosci*. 20:446-450, **2013**.

\*Cha YH, Chakrapani S, Craig A, Baloh RW. Metabolic and functional connectivity changes in mal de debarquement syndrome. PloS ONE. 7:e49560, 2012.

