



MdDS Foundation • A 501(c)(3) registered nonprofit.
22406 Shannondell Drive, Audubon, PA 19403
PHONE: (484) 232-9194
EMAIL: connect@mddsfoundation.org

Dear Sir or Madam,

Often misdiagnosed, **Mal de Débarquement Syndrome** (MdDS) is a little-known neurological disorder¹ that manifests primarily as a chronic sensation of motion. Typically described as feeling “like I’m on a boat,” onset often includes a history of travel or other passive motion event, but may be without a known trigger.

The primary symptoms of rocking, swaying and/or bobbing are often associated with cognitive impairment, visual motion intolerance, and a sense of unstable ground. Symptom severity varies from mild to disabling. What is common among patients is the *persistence* of symptoms, lasting months to years. **Diagnostic criteria established by the Bárány Society and published in the Journal of Vestibular Research will aid you in diagnosing MdDS.**² The committee was chaired by Yoon-Hee Cha, MD, the leading expert on MdDS and our principal investigator.

Your newly diagnosed patients will find our informative brochure helpful. Additional brochures are available by request to brochures@mddsfoundation.org. Another resource for your patients is our online forum that supports a global community of over 6,000 people with MdDS. www.facebook.com/groups/MdDSfriends/

For you and busy colleagues, our MdDS Knowledge Card, also complimentary by request, contains at-a-glance information for diagnosing MdDS including a key diagnostic indicator, treatment options, and the **ICD billing code R42**.

We hope this introduction to Mal de Débarquement Syndrome and the MdDS Foundation has been helpful. Please contact us with any questions by writing to connect@mddsfoundation.org.

Thank you for helping MdDS patients get their lives back,

Marilyn Josselyn, President
MdDS Foundation

Enclosures: brochures, quick-reference knowledge cards

¹ Cha YH, Chakrapani S, Craig A, and Baloh RW. Metabolic and functional connectivity changes in mal de débarquement syndrome. PLoS ONE 7:e49560, 2012. <https://pubmed.ncbi.nlm.nih.gov/23209584/>

² Mal de débarquement syndrome diagnostic criteria: Consensus document of the Classification Committee of the Bárány Society. <http://bit.ly/mddscriteria>

ABOUT THE FOUNDATION

The MdDS Foundation, a 501(c)(3) run entirely by volunteers, supports clinical studies and unites investigators with an interest in studying MdDS. Insights into on-going clinical studies, links to biomedical literature, plus all the information you need to submit a grant application can be found on our website. mddsfoundation.org/professionals/

