



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

Dear medical professional,

**Mal de Débarquement Syndrome (MdDS)** is a little-known neurological disorder and is often misdiagnosed.<sup>1</sup> It manifests primarily as a chronic sensation of motion, typically described as feeling “like I’m on a boat.” Some patients may have no known trigger, but onset often includes a history of travel or other passive motion event.



Diagnostic Criteria

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.**<sup>2</sup>

Your newly diagnosed patients will find our informative brochure helpful. Additional brochures are available by request to [brochures@mddsfoundation.org](mailto:brochures@mddsfoundation.org). Another resource for your patients is our online forum that supports a global community of almost 8,000 people with MdDS. [www.facebook.com/groups/MdDSfriends/](http://www.facebook.com/groups/MdDSfriends/)

For you and busy colleagues, our MdDS Knowledge Card, also complimentary by request, contains at-a-glance information about MdDS including treatment options, the **ICD-10 billing code R42**, and diagnosis. A key MdDS indicator is that symptoms often temporarily remit when the patient is back in motion.

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](mailto:connect@mddsfoundation.org).

Thank you for helping MdDS patients get their lives back,

Marilyn Josselyn, President  
MdDS Foundation

Enclosures: brochures, quick-reference knowledge cards

<sup>1</sup> [Browne CJ, Sheeba SR, Astill T, Baily A, Deblieck C, Mucci V, Cavaleri R. Assessing the synergistic effectiveness of intermittent theta burst stimulation and the vestibular ocular reflex rehabilitation protocol in the treatment of Mal de Débarquement Syndrome: a randomised controlled trial. J Neurol. 2024; 271: 2615–2630.](#)

<sup>2</sup> [Cha YH, Baloh RW, Cho C, Magnusson M, Song JJ, Strupp M, Wuyts F, Staab JP. Mal de Débarquement Syndrome diagnostic criteria: consensus document of the classification committee of the Barany Society. J Vestib Res 30:285-293, 2020.](#)

#### 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/](http://mddsfoundation.org/professionals/)

