



# Whirled News

Whirled Foundation - Support for chronic imbalance sufferers

July 2016

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# THINKING...



(please be patient)

## Brain Fog... Sorry what was I saying?

There is no clinical definition of “brain fog”, also known as brain fatigue. It is not a medically recognised term but it is a term used to describe confusion, forgetfulness or a lack of focus and clear thinking.

Lack of sleep, stress and anxiety can cause brain fog as well as some medications and medical conditions such as vestibular disorders, diabetes, multiple sclerosis, lupus, fibromyalgia and chronic fatigue syndrome, just to name a few.

Trying to stay balanced when you have a vestibular disorder and focus on sound when you have a hearing loss takes a lot of concentration, meaning you are using more energy on communication and staying upright than those with normal balance and hearing function. It's no wonder you feel “fuzzy or cloudy in the head”.

So what can you do to “manage” brain fog? Below are just a few tips to help:

- Get into a routine, so daily tasks become almost automatic.
- Use a diary, calendar or reminders on your phone or computer to ensure you remember important appointments, dates, times for medications etc.
- Make a daily “to do” list. Don't punish yourself if you don't get through it all, there is always the next day.
- Figure out what time of day you are most alert and arrange to do more complicated tasks during that time.
- Do one thing at a time and allow yourself the time needed to complete it.
- Keep important things in a specific place so you know where to go when you're looking for them.
- Exercise regularly and get some fresh air.
- Maintain a healthy balanced diet. Nutrition fuels the brain too.
- Exercise regularly.
- Sometimes you will just need to rest and that's ok, allow yourself to do that.

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*\* Help extend our support, please donate or volunteer your skills*

# Anti-secretory factor and medical food for the treatment of Meniere's disease

*EDITORS NOTE: the following information has been sourced from various research papers and product brochures supplied by POA Pharma Scandinavia, who are the manufacturers of these products and Orpharma, the supplier here in Australia. We print the article to inform readers of the product's availability. We believe the products can be of benefit, but as always consult your doctor. Whirled Foundation will receive a donation on sales made by Orpharma to Members.*

*We welcome feedback from Members who try these medical foods.*



Anti-secretory factor (AF) is a protein found in most tissues of the body. It is produced in the brain, gallbladder, lungs, kidneys and intestine in response to bacterial toxins. (NB an increase in AF levels in the blood by dietary means has also been demonstrated in animals and humans). It acts by stimulating the nerves in the intestine and by affecting the nerve signals regulating fluid and ion transport in different organs of the body. As such it has a fundamental influence over disease where secretion is of importance. It also has anti-inflammatory effects.

In relation to Meniere's disease it is thought that the anti-secretory properties may assist with addressing the fluid imbalance in the inner ear which may be one of the contributing factors to symptoms in some patients.

Based on anti-secretory factor there are two "food for special medical purposes" products:

SPC (Specially Processed Cereals) Flakes and Salovum.

SPC flakes are ready-to-eat rolled oats which have been specially processed so that when eaten, help stimulate the body's production of Anti-secretory factor. They are taken daily as "maintenance" treatment to stimulate the body's own production of anti-secretory factor.

The flakes can be eaten with dairy products such as yoghurt or milk, cooked as porridge either alone or with other grain products and can be mixed with flour and used for baking cakes and bread.

Daily dosage is based on your body weight. For each kilo of body weight you need 1 gram of SPC flakes. Your daily dosage should be divided over 2-3 servings.

Salovum powder is a spray dried egg yolk powder which has been developed to contain high levels of anti-secretory factor. Salovum can be used in the acute phase of an attack or as part of an initial treatment regime for patients with a low level of anti-secretory factor.

Salovum powder is stirred into a glass of cold liquid. The best result is obtained with fruit juice preferably with pulp. It can be used in sandwiches or used in the mixture of egg dishes.

**\* Help raise awareness - forward a copy of Whirled News to friends, family & health professionals**

1-2 sachets can be taken 3 times a day or as prescribed by your doctor. Salovum treatment can be taken initially together with SPC flakes then stopped after 14 days. You then continue on with the SPC flakes daily as maintenance.

A number of studies have been undertaken on the use of SPC flakes and Salovum by Meniere's patients. In an open pilot Swedish study 24 Meniere's patients received SPC for 14-30 days with 83% of the patients experiencing an increase in AFs levels in plasma. Rotatory vertigo attacks were reduced in 12 patients and in three of these hearing was normalised.

A second Swedish study which was randomised, double-blind and placebo-controlled included 51 Meniere's patients of which 27 were treated with SPC and 24 with control cereals for 3 months. Fourteen of the 27 patients in the SPC group reported decreased vertigo, compared to only 2 of the 24 in the control group.

A British research group also performed a randomized, double blind, cross-over, placebo-controlled study in 39 Meniere's patients and found that 59% of participants reported improvement and in an Italian study 16 out of 25 Meniere's patients had a significant response to treatment with SPC flakes.

SPC Flakes and Salovum are available in Australia. You can order the products through Orpharma. Whirled Foundation members can receive a discount of \$10.00 off Salovum and \$5.00 off SPC Flakes when you order online from the Orpharma website. You will need to enter the following discount code for each product when ordering: Salovum – WHIRLEDSALO and for SPC Flakes - WHIRLEDSPC

[Click here](#) to order.

#### **References:**

Hanner, P., Jennische, E., Lange, S., Lönnroth, I. and Wahlström, B. (2004) 'Increased antisecretory factor reduces vertigo in patients with Ménière's disease: A pilot study', *Hearing Research*, 190(1-2), pp. 31–36.

Hanner et al 2009 "Antisecretory factor-inducing therapy improves the clinical outcome in patients with meniere's disease". *Acta Oto-Laryngologica*, 1-5.

Leong, S., Narayan, S., Lesser, T., Antisecretory factor-inducing therapy improves patient-reported functional levels in Meniere's disease. *Ann Otol Rhinol Laryngol* 2013;122:619-24.

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## **Cold? Dreaming of warmer climates?**



If you answered yes to the above, then you need to purchase a ticket in the Whirled Foundation Annual Raffle.

First prize is 5 Nights for 2 at the 4½ Star Noosa Holiday Accommodation, staying in a fully self-contained apartment with a pool or lake view plus a \$250 Flight Centre Travel Voucher to help get you there.

Three other great prizes up for grabs:

2nd Prize - 30" Coppertone Fire Pit, Comes with wood grate, mesh and poker

3rd Prize - Park Lane Jewellery consisting of Matinee & Bamboo Necklaces with matching pierced earrings.

4th Prize - The No Salt Cook Book

***Tickets are only \$2.00 each. Raffle will be drawn on 31st August.***

Whirled Foundation members, you should have already received your raffle books in the post .

If you are not a member call Whirled Foundation today to purchase your tickets to go into the draw to win!

***Please note due to government regulations Western Australian (WA) residents are not permitted to purchase tickets in the raffle and are not eligible for any prizes .***

**\* We welcome membership enquiries and new subscribers to Whirled News**



# HEARING awareness WEEK

## August 21 - 27, 2016

Hearing Awareness Week focuses on the fragility of hearing health and ways to protect it. It aims to eliminate the stigma, isolation, lack of work opportunities and associated health issues to improve the overall quality of life for people with deafness or hearing impairment.

Hearing loss or deafness is often described as the 'invisible disability'. This is partly because hearing aids tend not to be obvious and also because those affected are often isolated through lack of access to communications.

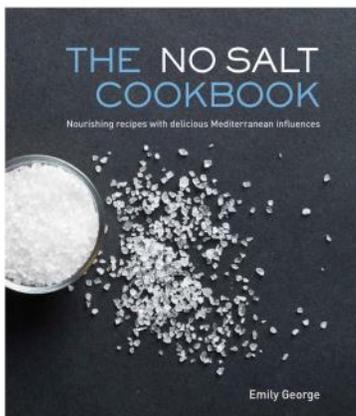
One in six Australians is hearing impaired, Deaf or has an ear disorder.

The number of Australians who are deaf or hearing impaired is increasing because of long-term exposure to excessive noise - often in the workplace – accidents, the environment and the ageing of the population.

For more information on Hearing Awareness Week visit: [www.hearingawarenessweek.org.au](http://www.hearingawarenessweek.org.au)

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## The No Salt Cook Book



“The No Salt Cookbook” written by Meniere’s sufferer Emily George.

In her recipes Emily focuses on using a wide variety of foods to suit different tastes, using herbs and spices for flavour rather than salt.

This hardcover cookbook contains 86 recipes covering little bites, entrees, soups, salads, mains, side dishes and sweets each with a full colour photo.

Purchase your copy today for \$35 + P&H. [Click here](#) to order your copy online or call Whirled Foundation on 03 9783 9233 or 1300 368 818.