



## Author's reply to the Letter to the Editor "Therapeutic strategies in the treatment of Menière's disease: the Italian experience"

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### Abstract

There is still controversy on the role of hyperinsulinemia and endogenous antisecretory factor (EAF) in Meniere's disease. In the literature, there is no mention on glucose uptake or specially processed cereals (SPC). Nevertheless, the role of EAF and its inhibition by SPC should be taken into account in future research. In case of patients not responding to medical treatment and dietary changes, intratympanic (IT) treatment has been suggested. In Italy, generalists consider IT steroids as the first-line treatment, while neurotologists suggest IT gentamicin. We agree with the authors that low-dose IT gentamicin has a high chance to treat vertigo with minimal risks for hearing; however, a recent randomized, double-blind, comparative trial has not proven the superiority of gentamicin to IT steroids suggesting the choice "should be made based on clinical knowledge and patient circumstances". IT steroids have the advantage to preserve both cochlear and vestibular function, while IT gentamicin has an ablative effect especially on the vestibular function.

Dear Editor,

We have read with interest the comments on our manuscript and we thank the authors for their suggestions.

As the authors have highlighted in their letter there is still controversy on the role of hyperinsulinemia and endogenous antisecretory factor (EAF) in Meniere's disease. The questionnaire we have used was developed on the results of similar researches performed in UK and USA [1, 2] where there was no mention to glucose uptake or specially processed cereals (SPC). In addition, a consensus joining six experts from different continents that assessed the scientific literature did not consider glucose intake in MD patients [3]. Nevertheless, the role of EAF and its inhibition by SPC should be taken into account in future research.

In case of patients not responding to medical treatment and dietary changes, intratympanic (IT) treatment has been suggested. In Italy, generalists consider IT steroids as the first-line treatment, while neurotologists suggest IT gentamicin. We agree with the authors that low-dose IT gentamicin has a high chance to treat vertigo with minimal risks for hearing [4, 5]; however a recent randomized, double-blind, comparative trial has not proven the superiority of gentamicin to IT steroids suggesting the choice "should be made based on clinical knowledge and patient circumstances" [6]. As already reported, IT steroids have the advantage to preserve both cochlear and vestibular functions, while IT gentamicin has an ablative effect especially on the vestibular function.

We thank again the authors for their comments.

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### Compliance of ethical standards

**Conflict of interest** None of the authors has any conflict of interest.

**Human and animal rights** This article does not contain any studies with human participants performed by any of the authors.

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