

# Autoimmune Inner Ear Disorder

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## What is autoimmune inner ear disorder (AIED)?

**Autoimmune inner ear disorder (AIED)** is a rare disease that affects your immune system. This disease makes your body's immune system attack the cells in your inner ear, which can cause hearing loss. Patients with AIED experience hearing loss that is typically **progressive** (meaning that your hearing loss will get worse over time). AIED may affect one ear or both ears.

## How is AIED diagnosed?



AIED is diagnosed by a medical professional, typically an **otolaryngologist** (ear, nose, and throat doctor, also called an ENT).

- Your ENT may order tests, such as blood tests, to understand more about any presence of AIED or another autoimmune disorder. Sometimes a genetic counselor is involved in the diagnosis and management of autoimmune disorders.
- ENTs will use imaging tests, such as MRIs and CT scans, to look at the structures of your ear. If your hearing loss is sudden, they may prescribe steroid medications. You may be able to get your hearing back if you are treated with steroids soon after your hearing loss starts.
- An **audiologist** (a doctor specializing in diagnosing and treating hearing loss) will complete a hearing test with you to understand how well you can hear and how much hearing loss you may have.

## How is AIED treated?

- Depending on how much hearing loss you have, hearing aids or cochlear implants can help you with speech awareness and understanding (being able to hear and understand when others are talking).
- If you have balance issues from AIED, your ENT may recommend **vestibular therapy**. Vestibular therapy is a type of physical therapy, involving exercises that improve dizziness and problems with balance caused by inner ear disorders.

## What are some other resources on AIED?

<b>American Speech-Language-Hearing Association</b> <ul style="list-style-type: none"><li>• Article on AIED: <a href="http://www.asha.org/articles/autoimmune-inner-ear-disease">www.asha.org/articles/autoimmune-inner-ear-disease</a></li></ul>	
<b>Autoimmune Association</b> <ul style="list-style-type: none"><li>• Information on AIED: <a href="http://autoimmune.org/disease-information/autoimmune-inner-ear-disease-aid">autoimmune.org/disease-information/autoimmune-inner-ear-disease-aid</a></li></ul>	

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