

## DEMOGRAPHIC DATA AND SEASONAL VARIATION IN PERIPHERAL VESTIBULAR DISORDERS IN ENT PRACTICES IN GERMANY

*Authors: Seidel DU, Park JJ, Sesterhenn AM, Kostev K*

### AIM:

The aim of this study was to analyze the demographic data pertaining to and seasonal variation in specific vestibular disorders in ear, nose, and throat (ENT) practices in Germany based on data from a representative nationwide practice database.

### METHOD:

The study sample included patients from 116 ENT practices in Germany who received an initial diagnosis (ICD-10 code) of Meniere's disease (MD, H81.0), benign paroxysmal positioning vertigo (BPPV, H81.1), or vestibular neuronitis (VN, H81.2) between January 2014 and December 2016. Collected parameters included age, sex, and month of diagnosis. Seasonal variation was analyzed for younger vs. older patients ( $\leq 50$  vs.  $> 50$  years of age). Two univariate Poisson regression models were fitted to estimate the association between the month of diagnosis and the number of diagnosed patients per practice.

### RESULTS:

A total of 20,720 patients were available for analysis. The average case numbers for MD, BPPV, and VN were 0.8 patients, 2.7 patients, and 1.5 patients per

practice per month, respectively. The mean ages of female vs. male patients were 55 and 56 years (MD), 59 and 60 years (BPPV), and 58 and 57 years (VN), respectively. The proportions of female patients with these diagnoses were 62%, 70%, and 61%, respectively. All diagnoses were evenly distributed throughout the years in all age groups. No seasonal variation was observed.

### CONCLUSIONS:

The demographic data of MD and BPPV patients are comparable to those found by previous large-scale epidemiologic studies. However, no seasonal variation was demonstrated for any vestibular disorder in this large sample.

Published in: *J Vestib Res.* 2019 Jun 25. doi: 10.3233/VES-190668. [Epub ahead of print]



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Thank you for your interest!