



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 Sir or Madam,

**Mal de Débarquement Syndrome (MdDS) is a neurological condition<sup>1</sup>** which is not well-known and often misdiagnosed. The disorder manifests primarily as a chronic sensation of motion, typically described as feeling “like I’m on a boat.” Onset may be without a known trigger but most often includes a history of travel.

The primary symptoms of rocking, swaying and/or bobbing are often associated with cognitive impairment, visual motion intolerance, and a sense of unstable ground. Symptoms vary 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> The committee was chaired by Yoon-Hee Cha, MD, the leading expert on MdDS and our principal investigator.

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 over 5,000 people with MdDS. [www.facebook.com/groups/MdDSfriends/](http://www.facebook.com/groups/MdDSfriends/)

For you and any colleagues who may be unfamiliar with MdDS, our quick reference card, also complimentary by request, contains at-a-glance information for diagnosing MdDS including a key diagnostic indicator, treatment options, and the **ICD billing code R42**.

We hope you find this introduction to Mal de Débarquement Syndrome and the MdDS Foundation 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,

A handwritten signature in black ink that reads "Marilyn Josselyn".

Marilyn Josselyn, President  
MdDS Foundation

Enclosures (2): brochure, quick reference card

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<sup>1</sup> Cha YH, Chakrapani S, Craig A, and Baloh RW. Metabolic and functional connectivity changes in mal de débarquement syndrome. PLoS ONE 7:e49560, 2012. <https://pubmed.ncbi.nlm.nih.gov/23209584/>

<sup>2</sup> Mal de débarquement syndrome diagnostic criteria: Consensus document of the Classification Committee of the Bárány Society. <http://bit.ly/mddscriteria>

#### 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/)

