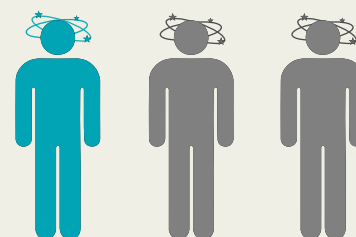
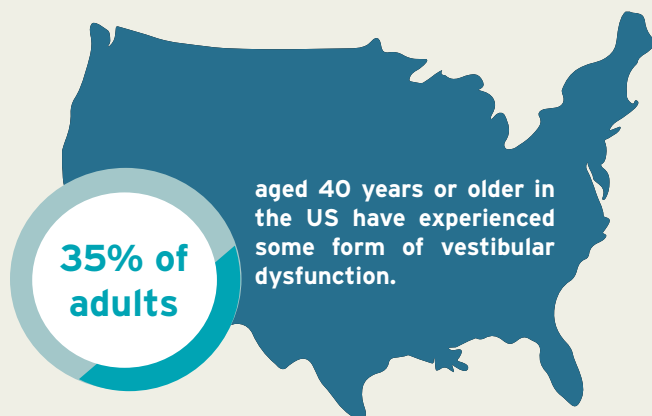


VESTIBULAR DISORDERS: AN OVERVIEW



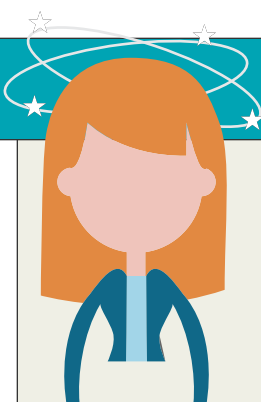
The vestibular system includes the parts of the inner ear and brain that process sensory information involved with controlling balance and eye movements. Vestibular disorders may result when these areas are damaged.

PREVALENCE



Vertigo from a vestibular problem accounts for **1/3 of all dizziness** and vertigo symptoms reported to health care professionals.

SYMPTOMS



Intensity: Mild-Severe
Duration: Seconds-Constant

- Imbalance/unsteadiness
- Vertigo (spinning sensation)
- Dizziness (lightheadedness, floating, or rocking sensation)
- Blurred or bouncing vision
- Nausea
- Hearing changes/tinnitus (constant ringing)
- Lack of coordination
- Problems with thinking and memory

CAUSES

Head injuries

Sudden or significant pressure changes

Viral or bacterial infections

High doses or long-term use of certain medications

TESTING

- Medical history
- Physical examination
- Hearing test
- CT or MRI scan

- Videonystagmography (VNG)
- Balance testing
- Computerized dynamic posturography (CDP)

TREATMENT



- Vestibular rehabilitation therapy
- Vision therapy
- Medications
- Surgery
- Diet & lifestyle changes

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4. Fife TD, Iverson DJ, Lempert T, Furman JM, Baloh RW, Tusa RJ, Hain TC, Herdman S, Morrow MJ, Gronseth GS. Practice parameter: therapies for benign paroxysmal positional vertigo (an evidence-based review): report of the Quality Standards Subcommittee of the American Academy of Neurology. Neurol. 2008;70:2067-2074.