



BALANCE AWARENESS WEEK to **DEFEAT** *DIZZINESS*TM

SEPTEMBER 14–20, 2015



BALANCE is easily taken for granted.

However, when the fragile vestibular organs of the inner ear are damaged by illness or injury, anyone can lose the ability to balance.



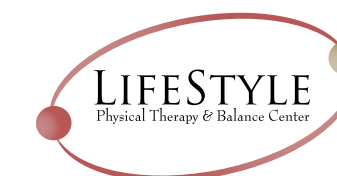
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FEELING DIZZY?



of adults in the
U.S. 40 and older
have experienced
some sort
of vestibular
dysfunction.*

More than

1/3

BALANCE

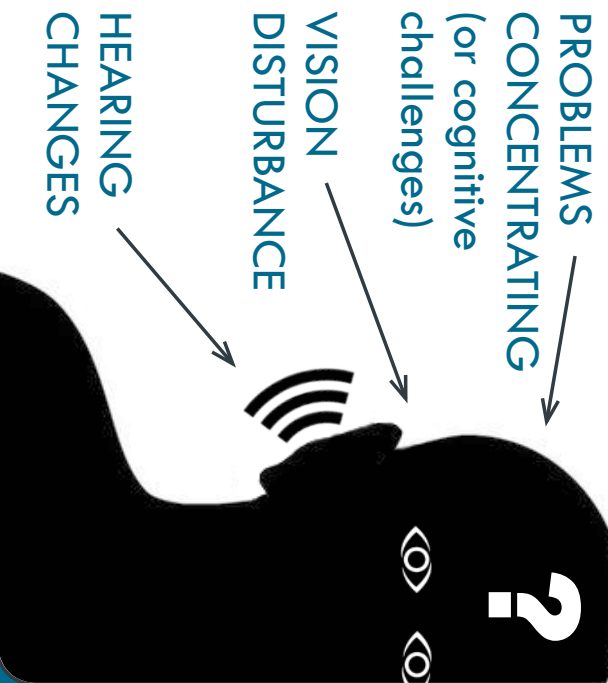
Balance is controlled by:

- the inner ear (vestibular system)
- the eyes (vision)
- sense of touch (proprioception)

SYMPTOMS

You may experience one
or several symptoms.

- BALANCE PROBLEMS
- VERTIGO (sensation
of movement)
- DIZZINESS
- IMBALANCE



DIAGNOSIS

Vestibular disorders are not easy to diagnose.

On average, patients consult 4 or 5 doctors before
receiving a diagnosis.**

Your doctor will take a medical history and may
order several types of testing, including:



HEARING



BALANCE



VISION

Getting a diagnosis may mean ruling out other
conditions. Your condition may be short-term (acute)
or long-term (chronic).

TREATMENT

Your treatment will depend on your diagnosis.



- PHYSICAL THERAPY
- POSITIONING MANEUVERS
- DIET & LIFESTYLE CHANGES
- MEDICATION
- SURGERY
- COUNSELING

WHAT SHOULD I DO?

Learn more and find a specialist at:

vestibular.org



VESTIBULAR

DISORDERS ASSOCIATION