



LIFE REBALANCED



“NO ONE UNDERSTOOD WHAT I WAS GOING THROUGH, UNTIL I FOUND VEDA. THEY VALIDATED THAT MY SYMPTOMS WEREN’T JUST “IN MY HEAD” AND CONNECTED ME TO VESTIBULAR SPECIALISTS WHO WERE ABLE TO HELP ME. I DON’T KNOW WHAT I WOULD HAVE DONE WITHOUT VEDA.”

CINDY P. VeDA member and vestibular patient

What are vestibular disorders?

The vestibular system includes parts of the inner ear and brain that help control balance and eye movements. If the system is damaged by disease, aging or injury, a vestibular disorder can result.

Symptoms of a vestibular disorder may include:

PHYSICAL

- dizziness
- vertigo
- imbalance
- nausea
- hearing loss
- hearing changes
- visual disturbances

PSYCHOLOGICAL

- confusion
- disorientation
- difficulty concentrating
- cognitive fatigue
- anxiety
- depression
- social isolation

How VeDA helps

- Education on specific disorders and issues related to diagnosis, testing, treatment, and coping.

- A provider directory of health professionals who specialize in treating vestibular disorders.
- Support for patients with vestibular disorders & their family members.
- Advocacy programs to create a global community where vestibular disorders are widely recognized, rapidly diagnosed and effectively treated.

You can help too

Your donation to VeDA allows us to provide information and support to millions of vestibular patients worldwide.

Here’s how you can help VeDA reach out to even more people who are suffering with inner ear balance problems:

- Volunteer
- Make a donation
- Participate in Balance Awareness Week
- Include VeDA in your will or estate planning



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FREE SUPPORTER

Join VeDA's mailing list to receive a free monthly email with news and updates.

MONTHLY SUPPORTER

- A Deluxe Patient Toolkit
- Opportunity for special recognition
- Free shipping anywhere in the world
- Benefits of annual supporter (see below)

ANNUAL SUPPORTER

- A subscription to *On the Level*, which provides up-to-date information on topics such as diagnosis, treatment, research, and coping strategies.
- Access to online forums for patients, professionals and support group leaders.
- A Patient Toolkit designed to help you understand and manage your disorder.
- V-PALS: Communicate with people who understand the stages of seeking a diagnosis, finding effective treatment, and managing the personal impacts of a vestibular disorder.
- Free webinars.

HEALTHCARE PROVIDERS

Professional memberships help connect you to patients. Contact VeDA for details.



To learn more about VeDA and download our free publications visit vestibular.org.

VeDA is a 501(c)(3) nonprofit. We are solely supported by tax-deductible contributions, including donations, and membership dues.

Tax ID: 93-0914340

JOIN VEDA

Donations gladly accepted online at vestibular.org.

One-time gift:

\$40 \$50 \$75 \$100 \$250 \$_____

Monthly gift:

\$10 \$15 \$25 \$35 \$50 \$_____

Check this box to make your donation anonymous.

*Discounts are available to seniors, veterans and the disabled. Contact VeDA for details.

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Make my gift go further. Send me an electronic newsletter only.

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