FEELING DIZZY?

More than 1/3 of adults in the U.S. 40 and older have experienced some sort of vestibular dysfunction.*

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

PROBLEMS CONCENTRATING (or cognitive challenges)

VISION DISTURBANCE

HEARING CHANGES

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?
To learn more and find a specialist: vestibular.org

VEDA
LIFE REBALANCED