

# 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.

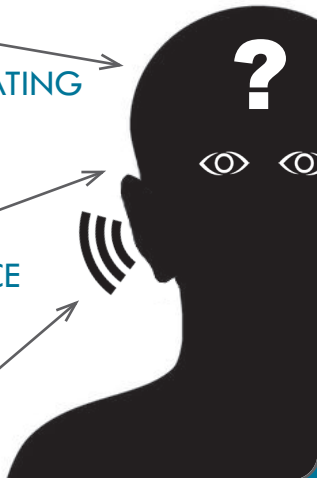
### BALANCE PROBLEMS

- 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](http://vestibular.org)



**VESTIBULAR**  
DISORDERS ASSOCIATION