

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.

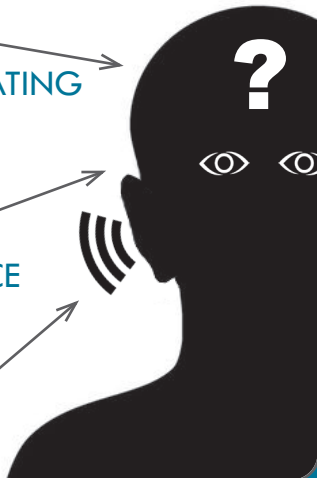
BALANCE PROBLEMS

- 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



VESTIBULAR
DISORDERS ASSOCIATION