

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

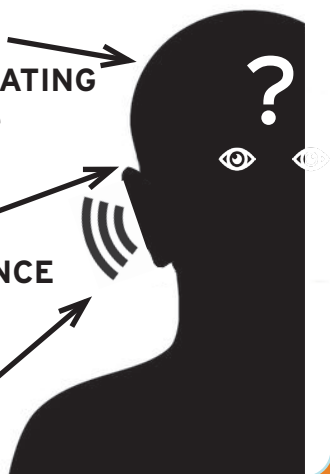
- **VERTIGO** (sensation
of movement)
- **DIZZINESS**
- **IMBALANCE**

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