

Get Help

- Learn about specific disorders, tests and treatments through VeDA's scientific articles.
- Find trained and accredited healthcare professionals who specialize in diagnosing and treating vestibular disorders.
- Get support and learn coping strategies, for both patients and their loved ones.

Join VeDA

VeDA advocates for a global community in which vestibular disorders are widely recognized, rapidly diagnosed, and effectively treated.

Visit vestibular.org to join VeDA's Community of Support. You can subscribe to our monthly e-newsletter or make a donation. Your gifts empower vestibular patients on their journey back to balance. Together, we can make vestibular visible!

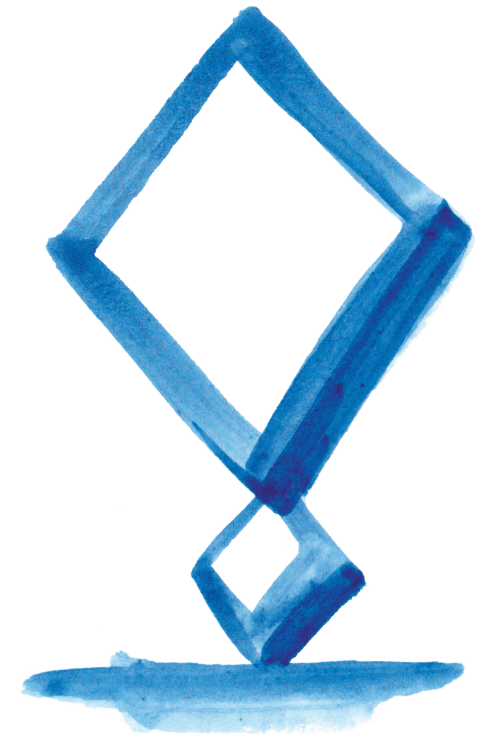
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"NO ONE UNDERSTOOD WHAT I WAS GOING THROUGH, UNTIL I FOUND VEDA. THEY VALIDATED THAT MY SYMPTOMS WEREN'T JUST 'IN MY HEAD' AND CONNECTED ME TO VESTIBULAR SPECIALISTS WHO WERE ABLE TO HELP ME. I DON'T KNOW WHAT I WOULD HAVE DONE WITHOUT VEDA."

CINDY P.
VeDA member and vestibular patient

VeDA
LIFE REBALANCED



**VESTIBULAR DISORDERS AFFECT
BALANCE + HEARING + VISION**

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

PHYSICAL

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

PSYCHOLOGICAL

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

Causes

- Displaced “crystals” in the inner ear
- Viral infection
- Aging
- Head injury
- Migraines
- Genetic or environmental factors
- Lack of blood flow to the inner ear
- Structural deformities
- Medications
- Benign tumors

Triggers

- Physiology, such as head movements, inner ear pressure, hormonal changes
- Psychology, such as stress, anxiety
- Environment, such as weather changes, bright light, open spaces
- Lifestyle, such as sleep problems, fatigue, diet



To learn more about the Vestibular Disorders Association (VeDA) and download our invaluable publications visit **vestibular.org**.

VeDA is a 501(c)(3) nonprofit. We produce vetted and researched content in the interests of serving anyone affected by vestibular dysfunction, and we are solely supported by tax-deductible contributions and professional membership dues.

Diagnosis

- Medical history
- Physical examination
- Hearing test
- CT or MRI scan
- Videonystagmography (VNG)
- Vestibular evoked myogenic potential (VEMP) test
- Balance testing
- Computerized Dynamic Posturography (CDP)

Treatment

- Canalith Repositioning Maneuvers (such as the Epley maneuver)
- Vestibular Rehabilitation Therapy (VRT)*
- Vision therapy
- Medications
- Surgery
- Diet & lifestyle changes

*VRT may include habituation exercises, gaze stabilization and balance retraining.

Recovery

- Learn more about your symptoms and possible diagnoses
- Collect data on your medical condition
- Find a vestibular specialist
- Learn how to cope with your symptoms
- Find a support network
- Stay informed

See VeDA's online Patient Toolkit for links to useful resources.