



Vestibular Disorders Are Disabling

Many vestibular patients find it difficult to continue working due to the physical, cognitive and psychological impacts of their illness. Although vestibular disorders are invisible, they are very real and disabling, affecting not only patients' ability to work but to perform common, everyday tasks such as shopping, cooking, cleaning, bathing, and more.

Common symptoms of a vestibular disorder include, but are not limited to:

- Imbalance or unsteadiness
- Vertigo (a spinning or whirling sensation; an illusion of the self or world moving)
- Dizziness (a lightheaded, floating, or rocking sensation)
- Blurred or bouncing vision or other visual disturbances
- Nausea and vomiting
- Hearing changes and tinnitus (constant ringing in the ears)
- Hyperacusis (normal sounds are magnified)

Vestibular patients have trouble with:

- Concentration
- Memory
- Fatigue
- Anxiety

Vestibular disorders can make the following activities difficult or impossible:

- Walking
- Bending over
- Standing for long periods
- Looking at a computer screen
- Reading
- A busy environment where there is lots of motion
- Group meetings where multiple people are talking

For more information, visit vestibular.org.

VESTIBULAR DISORDERS ASSOCIATION