

Letter to the Editor

Dear Editor,

Imagine life without balance.

Close your eyes and stand on one foot. It's hard right? Now imagine having that same disorienting feeling on two feet, and with your eyes open. Balance is something most of us take for granted. It's hardwired into our bodies at birth, evolving and adapting as we grow and age. But we don't often think about our balance – until of course, we lose it.

While most people may not be familiar with the word “vestibular”--relating to your inner ear, brain, and sense of balance--many have likely experienced the awkward, sometimes even scary feeling, when we momentarily lose our balance. Maybe it's taking a wrong step or getting motion sickness aboard a jostling boat or that nauseating, head-spinning sensation after one too many alcoholic beverages. Eventually our balance comes back and life moves on.

This is not the case for the over 69 million Americans who suffer from the mostly invisible and frequently debilitating symptoms of chronic imbalance associated with a vestibular disorder. Whether it comes on gradually over time or all of a sudden, bouts of dizziness, vertigo, and nausea can make many of life's more routine tasks virtually intolerable.

That's why the Vestibular Disorder Association's (VeDA) established [Balance Awareness Week](#) (BAW) in 1997. BAW is VeDA's annual weeklong campaign to broaden the awareness and understanding of balance-related vestibular conditions. This September, VeDA is calling for the vestibular community far-and-wide to come together and amplify a collective rally cry for public support. The goal is to make “*vestibular*” visible, so patients can be more rapidly diagnosed, effectively treated, and gain the empathetic care they need from friends, family, and co-workers.

Thank you for printing my letter.

ABOUT VeDA: VeDA is the leading international organization people turn to for help with vestibular (inner ear and brain) disorders. They are an authoritative resource, publishing information that is clear, reliable, and scientifically objective. VeDA supports people with vestibular disorders by connecting them to health care specialists and support networks. VeDA promotes awareness for vestibular disorders through testimony and advocacy.

Website: vestibular.org



**BALANCE
AWARENESS
WEEK**

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