

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.

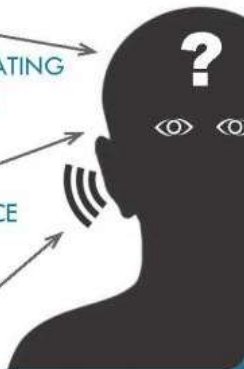
BALANCE PROBLEMS

- 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

*Agrawal, Y, Carey, J, Della Santina CC, Schubert MC, Minor LB. Disorders of balance and vestibular function in US adults: data from the National Health and Nutrition Examination Survey, 2001-2004. Arch Intern Med. 2009;169(10):928-944.

**VEDA survey, 2011.

The vestibular system includes the parts of the inner ear and brain that process the sensory information. The vestibular system is involved with controlling balance and eye movements.

If disease or injury damages these processing areas, disorders of dizziness or balance can result.

Vestibular disorders can also result from, or be worsened by, genetic factors, environmental conditions, or occur for unknown reasons.

The **most common** vestibular disorders include:

- Benign paroxysmal positional vertigo (BPPV)
- Vestibular migraine
- Labyrinthitis or vestibular neuritis
- Ménière's disease
- Age-related dizziness & imbalance
- Vestibular damage due to head injury