

Fast Facts

Dizziness

- Broad term used to describe a wide variety of sensations
- Occurs when you are walking, standing up from a seated or lying position or moving your head a certain way or too quickly
- Can come on suddenly and severely enough that you might need to lie down in order to avoid falling or passing out
 - Numerous reasons why it happens
- Distortion of your sense of balance, which is based off of the input from your eyes, sensory nerves and sensors in your inner ear
- Benign paroxysmal positional vertigo (BPPV) is the most common cause of vertigo and is brought on by rapid changes in head movement
- Meniere's disease is excessive fluid buildup in your inner ear (can also cause fluctuating hearing loss, ringing in your ears or feeling like your ears are plugged)
- If you stand up too fast because this can cause your blood pressure to drop suddenly (also known as orthostatic hypotension)
- Certain medical conditions can cause dizziness, such as Parkinson's and Multiple Sclerosis, anxiety disorders, anemia, low blood sugar and dehydration
 - It can be a side effects of some medications

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
-Lightheaded -Feel faint -Unsteady -Weak -Woozy -Lose your balance -Feel like you or your surroundings are moving or spinning when they actually aren't (this is also known as vertigo) -Nausea	-Doesn't usually require treatment -Your body adjusts to whatever the cause is within a few weeks and you stop having episodes -If not, see your doctor and they will help determine the cause (this dictates the best form of treatment) Note: If you have dizziness and any other symptoms, such as sudden/severe headache, chest pain, difficulty breathing, fainting, double vision, rapid/irregular heartbeat, numbness/paralysis of your face, arms or legs, confusion, slurred speech, difficulty walking, seizures, vomiting that will not stop or sudden change in hearing, seek emergency medical assistance immediately	Reduce chance of falling by: <ul style="list-style-type: none"> -Avoid moving suddenly -Sit/lie down immediately if you feel dizzy -Walk with a cane for stability -Fall-proof your home by removing tripping hazards and making sure there is sufficient lighting -Drink enough water -Eat healthy by limiting caffeine, alcohol and salt -Get adequate sleep -Don't smoke -Avoid stress as much as possible -Don't operate a motor vehicle or heavy machinery -Speak with your doctor about changing any medications that might be the cause of your dizziness

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