

Dizziness

Feeling dizzy can mean so many things. It is important to describe your symptoms as best as you can. Do you feel like you are:

- On a rocking boat
- Spinning
- Going to be sick
- Off balance
- Lightheaded
- About to black out
- Worn out
- Woozy

It is also very important to keep track of patterns to your episodes. Patterns can show us what triggers your symptoms. To do this, keep a log or ask a family member to do it for you. The details from your history log may give us more of a look into what might be your specific problem(s). Blood pressure may be a factor in the diagnose and treatment of your dizziness.

If balance is your issue, it's important to know that it can involve your inner ear, joints, and muscles. They each send signals to the brain about body position and head movement. The brain uses the information to maintain balance. When an inner ear problem exists, the brain may receive conflicting signs, which in turn can cause vertigo, or dizziness.

Benign Positional Vertigo is the most common cause of dizziness. It happens when the crystals in your inner ear shift out of place. Episodes usually occur when the head is moved in a certain way. It can happen when rolling over in bed, bending, or look up.

Infection or Inflammation can also send incorrect balance signals to the brain. This problem may be caused by a viral infection. It can cause hearing loss and often goes away on its own.

Meniere's Disease can happen when there is too much fluid in the inner ear. This causes increased pressure and swelling. Read more about Meniere's disease from our listed article.

There are many treatments for dizziness based on the specific condition you have. The treatment plan can include repositioning techniques and exercises, and balance rehabilitation.