

My attacks started when I was in high school in 1993. I would wake up early in the morning on my right side shaking, rapid heartbeat, and so dizzy that I could not walk. The best way to describe the dizziness is that someone would put me on a merry go round for about an hour then make me get off of it and walk. These attacks lasted hours at a time and nothing would help. For years I was afraid to do anything because I did not want to become dizzy or create an attack. I would not ride certain amusement rides, I could not sleep on my right side, and it limited what I could do in my life. My attacks controlled my life. When I was in the hospital after having my daughter in 2003 I had an attack and the doctor saw the attack for himself and diagnosed me with vertigo. I was told that my option was a medicine called Meclizine and to take it 3 times a day, but this was something I would just have to learn to live with. Later I spoke with my family doctor and asked if something else could be done because the attacks were becoming more frequent and I had a child at home and was unable to care for her for hours at a time. He referred me to Indiana Neuro-ophthalmology & Center for Balance to see Dr. Scott Sanders. After describing my symptoms to Dr. Sanders he was able to determine that my attacks are brought on by migraines! He prescribed a medicine called Topamax and took me off Meclizine. I was amazed beyond belief! It has been over 2 years now and I have my life back. I am able to do things now that I was never able to do. I went on the Tilt-A-Whirl with my husband and daughter and had no worries! I am now able to sleep on my right side at night, which I have not been able to do since before high school for fear of waking up with an attack! Dr. Sanders is my miracle doctor who gave me life back and as my daughter says gave her mommy back to her. Now we can plan family trips without any worries of the vertigo getting in the way. I can't thank Dr. Sanders enough for what he has not only done for me, but for my family.

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