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By Loren Fishman



A VIEW FROM VILLAGES HEALTH

What is dizziness? Have you been suffering from dizziness? If the answer is “YES”, you are not alone! Dizziness is one of the most common complaints of individuals throughout their lifespan.



Vjolka Zaka

COMMENTARY

Approximately 40 million Americans will seek medical care, yearly, due to symptoms of dizziness and vertigo. In addition, dizziness and vertigo can exponentially increase your risk of falls. In the United States, fall-related fatalities occur every 20 minutes.

Dizziness is a term used to describe a range of sensations, including unsteadiness, brain-fog, faint, woozy or weak. In comparison, vertigo is a term used to describe spinning sensations or false sense of movement.

Often, dizziness and vertigo symptoms can be accompanied



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by headaches, ringing in the ears, nausea and vomiting. Treatment options for the dizzy patient are dependent on the cause(s) of the symptoms and status of their vestibular system.

The vestibular system is a sensory organ that collects information from three centers: eyes, inner ear and muscles that help keep balance/posture (proprioception). Evaluating these three

“information centers” helps determine the origin of dizziness symptoms, which is key in identifying the most beneficial medical or non-medical treatment strategy.

Comprehensive neurodiagnostic evaluation of vestibular function is the gold standard in the assessment and management of dizzy sufferers and their symptoms. The Villages Health Hearing and Balance Center’s neurodiagnostic test

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battery may include video-nystagmography (VNG), rotational testing, video head

impulse test, auditory brainstem response (ABR) and audiometric evaluation. These tests provide a highly sensitive and specific means of evaluating the peripheral and central vestibular system, ultimately guiding diagnosis-based strategies in management and treatment of dizziness.

Untreated dizziness and vertigo may have long-term adverse health effects and can lead to reduced quality of life. Vestibular disorders are an invisible health handicap that can lead to increased social angst and loneliness. Having a conversation with your health care provider regarding dizziness, vertigo and fall risk is the first step toward a more balanced life.

If you have questions or would like to schedule your comprehensive neurodiagnostic vestibular evaluation, please contact The Villages Health Hearing and Balance Center at 352-320-4797.

Vjolka Zaka, AuD, CCC-A, F-AAA, is a board-certified audiologist with The Villages Health, as well as certified with the American Institute of Balance.

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