Imagine living life without balance. Close your eyes and stand on one foot. It’s hard, right? Now imagine having that same disoriented feeling on two feet, with your eyes open. Balance is something most of us take for granted, until, of course, we lose it.
Individuals with dizziness are 3X more likely to have depression, anxiety, and/or panic disorders.1

In fact, approximately 50% of individuals with vestibular/balance disorders develop depression, anxiety, and/or panic disorders.2

Interestingly, of the 19% of individuals diagnosed with an anxiety disorder in the past year, only 1/3 sought or received treatment.3

While modest symptoms of depression are more common in individuals with dizziness, these symptoms may be more reactionary, resulting, instead, from having an undiagnosed, disabling illness (e.g., vestibular disorder).4

**COMMON DIZZINESS SYMPTOMS**

- Vertigo (i.e., spinning)
- Sensation of fainting and/or lightheadedness
- Nausea
- Imbalance

**WHO CAN HELP?**

Your primary-care physician (PCP) is your first entry point! However, referrals to one or more of the following specialties may also be recommended:

- Audiology
- Cardiology
- Endocrinology
- ENT/Otology
- Neurology
- Physical Therapy
- Psychology/Psychiatry
- Social Work
- Others

**MANAGEMENT TO CONSIDER IN THE INTERIM**5

- Calming/stress-reduction techniques
- Adequate sleep, balanced diet, and hydration
- Local or online support groups for individuals with dizziness
- Daily exercise (light to heavy; may vary per individual)
- Maintenance of a positive mindset

**ENDNOTES**