FEELING DIZZY?

More than

of adults in the U.S. 40 and older have experienced some sort of vestibular dysfunction.*

BALANCE

Balance is controlled by:

- the inner ear (vestibular system)
- the eyes (vision)
- sense of touch (proprioception)

SYMPTOMS

You may experience one or several symptoms.

BALANCE PROBLEMS

- VERTIGO (sensation of movement)
- DIZZINESS

PROBLEMS -CONCENTRATING

(or cognitive challenges)

VISION -

HEARING

CHANGES

DISTURBANCE

IMBALANCE

DIAGNOSIS

Vestibular disorders are not easy to diagnose. On average, patients consult 4 or 5 doctors before receiving a diagnosis.**

Your doctor will take a medical history and may order several types of testing, including:



Getting a diagnosis may mean ruling out other conditions. Your condition may be short-term (acute) or long-term (chronic).

TREATMENT

Your treatment will depend on your diagnosis.

PHYSICAL THERAPY

REBALANCED

- **POSITIONING MANEUVERS**
- DIET & LIFESTYLE CHANGES
- MEDICATION
- SURGERY
- COUNSELING

WHAT SHOULD I DO?

To learn more and find a spcialist: vestibular.org

> LIFE C, Minor LB. Disorders of balance and vestibular function in US adults: data from the National Health and Nutrition Examination Survey, 2001-2004. Arch