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Vertigo

Vertigo is a symptom, which is usually observed as a false sensation that you, or the environment around you, is moving or spinning. Attacks of vertigo may develop suddenly and may last for a few seconds, hours or even days.



What are the symptoms of vertigo?

Vertigo itself is a symptom rather than a condition. Symptoms include a sensation of motion or disorientation. Other symptoms include loss of balance, nausea or vomiting, sweating, increase in heart rate, lightheadedness & involuntary eye movements. Depending on cause, some patients may also experience hearing loss, ringing & feeling of pressure or fullness in ears.



What are the causes of vertigo?

Vertigo is a symptom associated with several conditions. It is commonly caused by a problem with the balance mechanisms of the inner ear, although it can also be due to a problem within the brain or the nerves. Common causes include inner ear infection dysfunction of vestibular nerve, migraine and head injury. Less common causes of vertigo may include certain medications, multiple sclerosis and a brain tumour.

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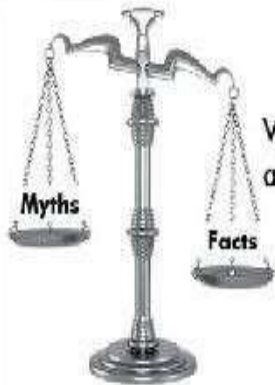
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Do's

- ✓ Sit or lie down immediately when you feel dizzy
- ✓ Be aware that dizziness may make you lose balance which may lead to fall. Walk with a cane, if necessary
- ✓ Do simple exercises to correct your symptoms
- ✓ Wear sunglasses to calm light & movement

Don'ts

- ✗ Do not climb stairs alone or walk out of bed without assistance
- ✗ Avoid driving if you have recently had episodes of vertigo
- ✗ Do not bend down to pick items
- ✗ Avoid reading or working on computer when you are in a moving vehicle



Vertigo: Myths and Facts

Myth 1: Vertigo is seen as you get older.

Fact: Age is not associated with vertigo. Some important causes of vertigo include injury, degenerative issues and other medical problems, but not age.

Myth 2: Hormonal imbalance may cause vertigo.

Fact: Hormonal imbalance may be result due to number of medical conditions, but this hormonal imbalance rarely causes vertigo.

Vertigo is a symptom, and not a condition. During a vertigo attack, doctors will advise you to lie down still in a quiet and darkened room. Taking prescribed medications will help to ease your symptoms associated with vertigo.

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