

HEALTH EDUCATION  
LIBRARY FOR PEOPLE



World's largest FREE health Education library for people..

We help patients to become better patients! We can help you understand your health and medical problems better so you can get better care in partnership with your Doctor.

#### OUR VISION

We think patients are the largest untapped healthcare resource and that Information therapy is the most Powerful Medicine !

#### OUR GOALS

1. Encouraging health insurance companies to invest in patient education.
2. Advocating information therapy.
3. Setting up a national network of patient education centers.
4. Developing patient educational materials in Indian Languages for the web.

For more information on this subject:  
Ask the Librarian : Free Answers to any Health Questions !!

<http://www.healthlibrary.com/information.htm>

**For More Info: ASK A LIBRARIAN**



#### Health Education Library For People

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## Dizziness



**LET'S HELP  
ERADICATE  
IGNORANCE**

## Understanding Dizziness

### Definition:

Dizziness is a term used to describe everything from feeling faint or lightheaded to feeling weak or unsteady. Dizziness that creates the sense that you or your surroundings are spinning or moving is called vertigo.

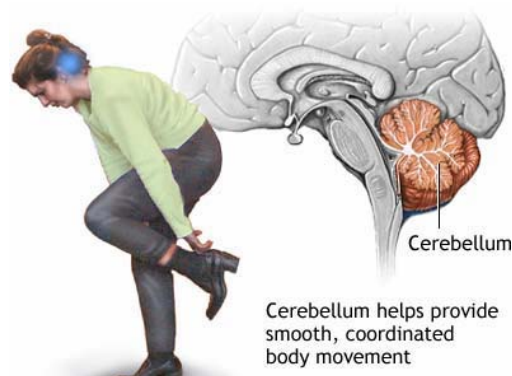
### Symptoms:



Characteristics of dizziness may include: A sense that you or your surroundings are spinning or moving (vertigo), A loss of balance, Nausea, Unsteadiness, Wooziness, Lightheadedness, Faintness, Weakness, Fatigue, Difficulty concentrating, Blurred vision during quick head movements.

**When to see a doctor:** See your doctor if you experience any unexplained, recurrent or severe dizziness.

### Causes:



Under normal circumstances, your sense of balance is controlled by a number of signals that your brain receives from several locations:

**Eyes:** No matter what your position, visual signals help you determine where your body is in space and how it's moving.

**Sensory nerves:** These are in your skin, muscles and joints. Sensory nerves send messages to your brain about body movements and positions.

**Inner ear:** The organ of balance in your inner ear is the vestibular labyrinth. It includes loop-shaped structures (semicircular canals) that contain fluid and fine, hair-like sensors that monitor the rotation of your head. Near the semicircular canals are the utricle and saccule, which contain tiny particles called otoconia (o-toe-KOE-nee-uh). These particles are attached to sensors that help detect gravity and back-and-forth motion.

Good balance depends on at least two of these three sensory systems working well. For instance, closing your eyes while washing your hair in the shower doesn't mean you'll lose your balance. Signals from your inner ear and sensory nerves

help keep you upright. However, if your central nervous system can't process signals from all of these locations, if the messages are contradictory or if the sensory systems aren't functioning properly, you may experience loss of balance. Dizziness may have a number of potential causes, depending on the type of dizziness. The causes of dizziness may include: Vertigo, Benign paroxysmal positional vertigo (BPPV), Inflammation in the inner ear, Meniere's disease, Migraine-related vertigo, Acoustic neuroma, Rapid changes in motion, Feeling of faintness, Drop in blood pressure (orthostatic hypotension), Inadequate output of blood from the heart, Loss of balance (disequilibrium), Inner ear (vestibular) problems, Sensory disorders, Joint and muscle problems, Medications

**Complications:** Dizziness can increase your risk of falling and injuring yourself. Experiencing dizziness while driving a car or operating heavy machinery can increase the likelihood of an accident. You may also experience long-term consequences if an existing health condition that may be causing your dizziness goes untreated.

### Preparing for your appointment:

Your family doctor or general practitioner will probably be able to diagnose and treat the cause of your dizziness. However, in some cases you may be referred to a specialist such as an ear, nose and throat (ENT) specialist or a neurologist.

