



VERTIGO: PATIENTS INFORMATION AND COMMON FACTS



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Introduction

Vertigo is a symptom where the person experiences a spinning sensation of the surroundings. There are many causes of vertigo. However, it may be a symptom of other disorders. Some patients also complain of dizziness, lightheadedness or imbalance. Frequent or severe vertigo can interrupt your life. Learning about vertigo and its causes can help the patient to prevent or lessen symptoms.

Serious symptoms associated with vertigo

You need to quickly seek medical care if you have severe vertigo and changes in vision, chest pain, inability to speak or hear, loss of consciousness, vomiting that does not stop and if you have symptoms of a stroke which include numbness, tingling, weakness or loss of movement.

Causes

The most common cause of vertigo is benign paroxysmal positional vertigo, or BPPV. BPPV causes short but severe episodes of vertigo. It can happen after a change in head position. Other causes include vestibular neuronitis which is associated with sudden hearing loss. Meniere's disease causes sudden vertigo that can last for hours. It also causes hearing loss, tinnitus and ear pressure. A migraine headache can

cause vertigo that lasts for hours or days with sensitivity to light or noise.

Rarely, vertigo can be a symptom of a more serious problem. It may be caused by a stroke, brain hemorrhage or multiple sclerosis. Some causes of nonspecific vertigo include medications, inner ear disorders, anxiety disorders, low iron levels, low blood sugar, ear infections.

Diagnosis

To diagnose vertigo, your doctor will take a detailed clinical history and do a physical exam. Your description is crucial in helping the doctor to find out the cause. Other tests that help diagnose dizziness and vertigo include eye movement testing, posturography and rotary-chair testing.

Treatment

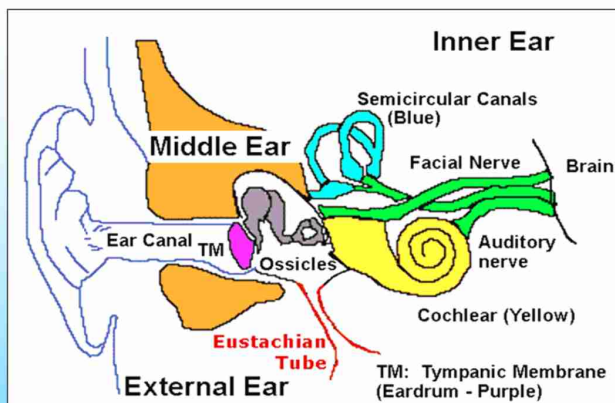
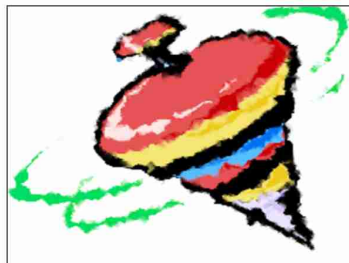
Canalolith repositioning manoeuvres are used to treat BPPV (eg. Elpey's manoeuvre in cases of posterior semi-circular canal BPPV; please visit youtube link <https://youtu.be/IHfU2cA7eRo>). Certain medications (antihistamines, benzodiazepines) can help

to prevent the nausea and vertigo caused by inner ear conditions. Vestibular exercises can help you learn to keep better balance and reduce the severity of vertigo attacks. Medicines such as diuretics may be able to reduce vertigo caused by Meniere's disease. Some people can prevent symptoms by eating a diet that is low in salt and sugar. To prevent vertigo caused by a vestibular migraine, avoid triggers for attacks. Medicines

may help to prevent attacks. it can also provide relief from nausea and vomiting. Vestibular exercises to help the balance system and reduce the severity of vertigo attacks.

Outcome

Most cases of vertigo last a few hours to a few days and almost always go away without permanent injury. Other causes of vertigo may result in symptoms that are more persistent.



MENIERE'S DISEASE



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Meniere's disease is a chronic illness of the inner ear that affects a substantial number of patients every year worldwide.

The disease is characterised by intermittent episodes of vertigo lasting from minutes to hours with fluctuating sensory neural hearing loss (deafness) and tinnitus (different sounds in the ear).

Attack of vertigo (giddiness) may come on sudden or often short period of tinnitus, or muffled hearing. Some people have single attack; vertigo or dizziness once in a while, others may have many attacks frequently over several days. Some people have very severe attack and may become unbalance and fall.

HISTOPATHOLOGY:

It is endo-lymphatic hydrops i.e. excess of fluid in the inner ear. Endo lymphatic fluid burst from the normal channels and flow into the other areas causing damage and symptoms.

AETIOLOGY (CAUSES):

Exact cause is not known. Triggering factors may be as under;

- Post viral infection
- Metabolic disorders
- Vascular disorders
- Autoimmune disorders
- Food intolerance

TREATMENT:

DRUGS:

Labyrinthine sedatives are given for conservative treatment.

SURGICAL:

- Vestibular neurectomy surgery is performed to block function of vestibular nerve.
- Labyrinthectomy surgery is performed to block function of labyrinth.

DO'S AND DON'TS

- Perform regular and constant aerobic physical activities i.e. rapid walking

- Avoid maintaining the same position of the head for more than 30 minutes and continuously working on computers or watching television
- Change your head and shoulder position every half hour
- Maintain adequate water intake
- Intake of fibre rich fruits and vegetables
- Avoid industrial and fast food
- Restrict salt intake
- Restrict alcohol intake
- Restrict smoking
- Reduce stress by yoga, meditation, etc
- Sound sleep for 6 - 8 hrs

VESTIBULAR REHABILITATION EXERCISES

EYE EXERCISES



Looking up and then down



Convergence exercise

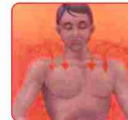
HEAD & NECK EXERCISES

Bending alternately forward and backward



Turning alternately to left and then right

EXERCISES IN SITTING POSITION



Shrugging and rotating shoulders



Bending forward & picking up objects from the floor



Turning head and trunk alternately to left and right

EXERCISES IN STANDING POSITION



Changing from sitting to standing initially with eyes open and then with eyes shut repeatedly for 15 time



Throwing a small ball in an arc from hand to hand and following the moving ball with the eyes



Throwing a small ball from hand to hand under the knee

EXERCISES WHILE MOVING



Throwing and catching the ball while walking



Throwing around in the room with eyes open and closed



Playing any game involving bending stretching & aiming with the ball



Walking up and down a flight of stairs

This is intended as guide only. To be performed after consultation with your Doctor.



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