FEELING DIZZY?

More than 1/3 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
• IMBALANCE

PROBLEMS CONCENTRATING
(or cognitive challenges)

VISION DISTURBANCE

HEARING CHANGES

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:

VISION

BALANCE

HEARING

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
• POSITIONING MANEUVERS
• DIET & LIFESTYLE CHANGES
• MEDICATION
• SURGERY
• COUNSELING

WHAT SHOULD I DO?
To learn more and find a specialist: vestibular.org

VEDA L I F E  R E B A L A N C E D