

DIZZINESS AND VERTIGO

Dizziness is an imprecise term people often use to describe various related sensations, including

- Faintness (feeling about to pass out)
- Light-headedness
- Feeling off-balance or unsteady
- A vague spaced-out or swimming-headed feeling

For dizziness that occurs only on standing, see page 87.

Vertigo is

- A false sensation of movement

With vertigo, people usually feel that they, their environment, or both are spinning. The feeling is similar to that produced by the child-like game of spinning around and round, then suddenly stopping and feeling the surroundings spin. Occasionally, people simply feel pulled to one side. Vertigo is not a diagnosis—it is a description of a sensation.

People with dizziness or vertigo may also have nausea and vomiting, difficulty with balance, and/or unstable walking. Some people have a rhythmic, jerking movement of the eyes (nystagmus) during an episode of vertigo.

Different people often use the terms “dizziness” and “vertigo” differently, perhaps because their sensations are hard to describe in words. Many people may describe their sensations differently at different times. For example, the same person might feel like light-headedness one time and like vertigo the next. Because of this inconsistency, many doctors prefer to consider these symptoms together.

When they are described, dizziness and vertigo can be disturbing and even incapacitating, particularly when accompanied by nausea and vomiting. Symptoms cause particular problems for people doing an exciting or dangerous activity, such as driving, flying, or operating heavy machinery.

Dizziness accounts for about 3 to 6% of doctor visits. It may occur at any age but becomes more common as people age. It affects about 10% of people older than 40 or some time

Dizziness may be temporary or chronic. Dizziness is considered chronic if it lasts more than a month. Chronic dizziness is more common among older people.

CAUSES

Dizziness and vertigo are usually caused by disorders of the parts of the ear and brain that are involved in maintaining balance.

- Inner ear
- Brain stem and cerebellum
- Nerve tracts connecting the brain stem and cerebellum or within the brain stem

The inner ear contains structures (the semi-circular canals, saccule, and utricle) that enable the body to sense position and motion. Information from these structures is sent to the brain through the vestibulocochlear nerve (8th cranial nerve), which is also involved in hearing. This information is processed in the brain stem, which adjusts posture, and the cerebellum, which coordinates movements, to provide a sense of balance. A disorder in any of these structures can cause dizziness, vertigo, or both. Disorders of the inner ear sometimes also cause decreased hearing and/or ringing in the ear (tinnitus)—see Ear, Ringing or Buzzing in on page 88.

Also, any disorder that affects brain function in general (for example, low blood sugar, low blood pressure, severe anemia, or some drugs) can make people feel dizzy. Although symptoms may be disturbing and even incapacitating, only about 2% of cases result from a serious disorder.

COMMON CAUSES

Although there is some overlap, causes can roughly be divided into those with and without vertigo.

The most common causes of dizziness with vertigo include the following:

- Benign paroxysmal positional vertigo
- Ménière disease
- Vestibular neuronitis

DIET

As soon as children have received fluids and are not vomiting, begin an age-appropriate diet. Start with breast milk or formula.

In children with chronic vomiting, treatment depends on the cause, but maintaining adequate nutrition for possible vitamin or mineral deficiencies is most important.

KEY POINTS

- Dizziness is a common symptom.
- Gastrointestinal issues are the most common cause.
- Children should be monitored if they have any warning signs of dehydration, such as pain, fever, or blood in stool.
- Testing is rarely necessary, but less than 2 weeks of dehydration is usually sufficient to cause symptoms.
- Giving fluids to maintain hydration is usually sufficient to resolve symptoms.

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Table of Contents User Manual Symptoms

1. Understanding the eBook User Manual Symptoms
 - The Rise of Digital Reading User Manual Symptoms
 - Advantages of eBooks Over Traditional Books
2. Identifying User Manual Symptoms
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an User Manual Symptoms
 - User-Friendly Interface
4. Exploring eBook Recommendations from User Manual Symptoms
 - Personalized Recommendations
 - User Manual Symptoms User Reviews and Ratings
 - User Manual Symptoms and Bestseller Lists

5. Accessing User Manual Symptoms Free and Paid eBooks
 - User Manual Symptoms Public Domain eBooks
 - User Manual Symptoms eBook Subscription Services
 - User Manual Symptoms Budget-Friendly Options
6. Navigating User Manual Symptoms eBook Formats
 - ePub, PDF, MOBI, and More
 - User Manual Symptoms Compatibility with Devices
 - User Manual Symptoms Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of User Manual Symptoms
 - Highlighting and Note-Taking User Manual Symptoms
 - Interactive Elements User Manual Symptoms
8. Staying Engaged with User Manual Symptoms
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers User Manual Symptoms
9. Balancing eBooks and Physical Books User Manual Symptoms
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection User Manual Symptoms
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine User Manual Symptoms
 - Setting Reading Goals User Manual Symptoms
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of User Manual Symptoms
 - Fact-Checking eBook Content of User Manual Symptoms
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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