

SUDDEN DIZZINESS COMES AND GOES

Do you get sudden dizziness or vertigo when you move your head? You may be suffering from Benign Paroxysmal Positional Vertigo (BPPV).

Typical symptoms include vertigo, which is a sense of rotation, when lying down or rolling over in bed. Getting out of bed or tipping your head back to look up can cause a wave of dizziness. You may also feel lightheaded, off-balance or nauseous.

BPPV is a common cause of dizziness. The most common cause of BPPV in people under age 50 is head injury.

It is much more common the older you get. According to Dr. Timothy Hain, 50% of all dizziness in older people is due to BPPV.

BPPV is due to dislodged small crystals of calcium carbonate that float about in your inner ear, causing the dizziness when moving your head. These crystals have different names such as "otolith", meaning "ear stones".

Treatment is designed to lodge the crystals back in the proper place, so they do not float around.

One treatment option is to just wait until it goes away. Symptoms often subside or disappear within 2 months. However, recurrence is common.

The dizziness and vertigo can be quite severe and most people do not want to wait. There are sets of exercises that can be done, which are quite effective.

These exercises involve sitting, lying down, turning your head, and sitting back up in an attempt to reposition the floating crystals.

Go to Dr. Hain's website at www.Dizziness-and-balance.com to see how to perform the home exercise.

You may need to do these daily exercises for 3 weeks. One of my patients improved quickly, within just a few days and did not require any additional exercise.

You will need to sleep in a semi-recumbent position for 2 nights, such as a recliner.

If in bed, you will need several pillows to sleep somewhat upright, at a 45 degree angle.

This prevents the crystals dislodging again as soon as you lay down in bed.

During the next week, avoid head positions that you know can bring on your vertigo. Sleep with 2 pillows to keep your head up somewhat.

Also, don't sleep on the "bad side". For example, don't sleep on your left side if you get dizzy when you turn that way.

Lastly, neck misalignments can also cause dizziness. We have many patients that are helped with chiropractic care directed to their neck and not their inner ear.

My first task as your doctor of chiropractic is to determine whether your vertigo and dizziness is due to your neck or to your inner ear. For both types of disorders, our treatment is safe and effective.

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