

## Vertigo:

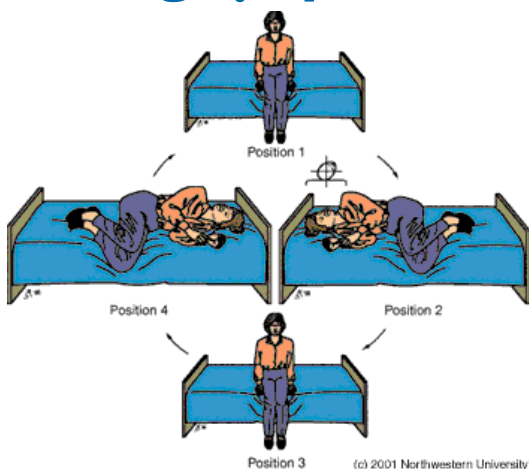
A sensation of feeling off balance. If you have these dizzy spells, you might feel like you are spinning or that the world around you is spinning.

## Treatment Options

There are various causes of vertigo. Research has shown that the most effective method of treating your vertigo is to receive **Vestibular Rehabilitation Therapy** from a trained Physical or Occupational Therapist. You can ask your physician about these services. Your physician and therapist can work together to identify the cause of your vertigo and specific treatment of the following:

- Benign Paroxysmal Positional Vertigo (BPPV), arising in the posterior, horizontal, or anterior semicircular canal
- Menière's disease, including the visualization of endolymphatic hydrops by high-resolution magnetic resonance imaging (MRI)
- Acute vestibular neuritis
- Bilateral vestibulopathy
- Vestibular paroxysmia
- Central vestibular syndromes

# Decreasing Symptoms At Home



The following home exercise, known as the Brant-Daroff exercise, may be beneficial in decreasing symptoms of vertigo.

- 1) Start in an upright, seated position.
- 2) Move into the lying position on one side with your nose pointed up at about a 45-degree angle.
- 3) Remain in this position for about 30 seconds (or until the vertigo subsides, whichever is longer). Then move back to the seated position.
- 4) Repeat on the other side.

## Foods and Drinks to Avoid with a Vestibular Disorder:

- Limit sodium
- Alcohol and Caffeine
- Fried Food
- Bread and Pastries
- Nicotine
- Red Meat & Processed Meat
- Beverages with high sugar concentration



Jennings  
337-824-4547

Grand Coteau  
337-662-7200

Carencro  
337-896-6686



Mansura  
318-240-7680

Alexandria  
31-704-0710

Resources:  
Strupp M, Thurtell MJ,  
Shaikh AG, Brandt  
T, Zee DS, Leigh RJ.  
Pharmacotherapy of  
vestibular and ocular  
motor disorders.)