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Reasons for being dizzy

Dizziness is disorientation in space, dizziness, or a sense of instability. It affects your sense of balance and may increase the risk of falling. Overview of Possible Causes care and treatment when to call your doctor Dizziness Dizziness can describe several different sensations. Dizziness is a deterioration of spatial orientation. A vertigo does not always indicate a life-threatening condition, but it can be unnerving. Dizziness may be associated with more serious conditions such as a stroke or cardiovascular problems. Even alone, though, if dizziness leading to a fall, may be dangerous. Dizziness can occur when you're in motion, still standing or lying down. When you're dizzy, you may feel: Faint. Dizziness. Nausea. Unstable. Stunned. What's the difference between dizziness and vertigo? Intense nausea can make you dizzy or so unstable you can not drive or walk. It feels like you or objects around you are: float. Spinning. Swaying. Tilt. How widespread is the dizziness? Ear's common to experience vertigo. Nearly half of the people who see their health care provider at some point because of feeling dizzy. The more he is older, more likely they are to have this symptom. The parts of your ear A number of conditions can cause dizziness because balance involves different parts of the body. The brain receives input about movement and your body's position by: inner ear. Eyes. Muscles. Giumti. Skin. inner ear disorders are often the cause of feeling dizzy. The most common causes are benign paroxysmal positional vertigo (BPPV), Meniere's syndrome and ear infections. Benign paroxysmal positional vertigo (BPPV) Benign paroxysmal positional vertigo (BPPV) makes you turn your head when you change the head or the position of the body (such as bend). It usually lasts only a few seconds or minutes. This harmless condition happens when calcium crystals in your inner ear move out of place. You can have BPPV following a head injury or simply getting older. The good news is that treatment is easy. Your health care provider can lead you through a series of simple steps, called canalith repositioning procedure (CRP). These movements get the crystals back to their correct position. Syndrome Meniere's syndrome Meniere's syndrome involves having too much fluid in the inner ear. Experts aren't sure why it accumulates. Anyone can develop Meniere's, but it's most common in people ages 40 to 60. If you have Meniere's syndrome, you may also experience: Meniere's attacks usually occur suddenly. They can last from 20 minutes to 24 hours. The treatment methods include anti-nausea and anti-vertigo medication. Lifestyle changes can help, too, including: If your condition does not respond to simple measures, your doctor may recommend more aggressive treatments. These include the injection of drugs directly into the ear and surgery. Ear infections viral or bacterial ear infections can cause inflammation (irritation) in the inner ear. Inflammation interferes with your inner ear sends messages to the brain. An inner ear nerve, the vestibulocochlear nerve, has two branches. Each branch communicates with the brain: The vestibular nerve sends balance signals. When the vestibular nerve is inflamed, it develops the vestibular neuritis. The cochlear nerve sends signals to hear. If the inflammation also affects the cochlear nerve, spread labyrinthitis. Labyrinthitis also causes ringing in the ears and hearing loss. Ear infection treatments include medications to relieve symptoms of nausea and dizziness. You may also need antibiotics, Antivirals or steroids. Other causes of vertigo and empty head sensation There are many other factors that can cause dizziness. Within the cardiac and vascular system, conditions that can cause dizziness include: brain-related conditions that can cause dizziness are: cranial trauma or traumatic brain injury (TBI). Migraine. Multiple sclerosis. Additional additional conditions It can cause dizziness to include: the treatment for dizziness and vertigo varies widely depending on the cause. Your doctor can refer to an audiologist for vestibular and balancing evaluation to help determine the cause of vertigo and help determine the next steps under management. If you have an ear infection, you might only need anti-nausea drugs until the infection went away. For conditions (chronic) in the long term, the health care provider can recommend vestibular rehabilitation. It is similar to physical therapy, with the aim of improving your balance through specific exercises. What can I do to avoid falling? If you have dizziness or dizziness, you should avoid different activities, including: Guide (until your doctor gives you approval). Standing in high places, how to scale a ladder. Walk in the dark. Wearing high-heeled shoes. Take these steps to reduce the risk of fall: always use handrails when walking up and down the stairs. Change positions or turn slowly. Have something close to hold. Install the handrails in bathrooms and showers. Practice exercises that can improve balance, such as Tai Chi or Yoga. Remove the floor disorder you may stumble like pull rugs, ropes and loose stools. Pay attention to small pets that could be under your feet. Sit on the edge of the bed for several minutes in the morning before getting up. Use a stick or a walker. If your vertigo don't go away or continue to come back, it's important to talk to your sanitary provider. Search for emergency care if you also have one of the following symptoms: thoracic pain. Double vision or blurred vision. Fainting (syncope). High fever. Numbness, tingling or weakness in the face, arms or legs. Cut speech or a rigid neck. Problems to walk. A note from Cleveland Clinic Your sense of balance is an intricate process that is based on many parts of the body. It's easy to take it for granted until you are next to Haywire. Your ear, brain and heart can affect your balance. It can take time to nail the exact cause. But in most cases, vertigo and dizziness are symptoms of negotiable conditions. Last review from a Cleveland Clinic Medical Professional on 25/06/2020. American Speech-Language-Language-Hearing Association References. Accessible 6/66 / 2020.Dizzy and balance. (National health institutions. Accessible 6/66 / 2020.Dizzy can be a resistance. (National Institute on Suritage and other communication disorders. Accessible 6/26/2020. Balancing disorders. (Association of vestibular disorders. Accessible 6/66/2020. Vertigo casoli. (A & a,

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