

Vertigo-

Vertigo is a sense of rotation, rocking, or the world spinning, experienced even when someone is perfectly still.

Its also known as Benign Paroxysmal Positional Vertigo(BPPV) , Meniere's disease, Motion Sickness and dizziness.

Causes of Vertigo

Brain related disorders or inner ear diseases are the main causes of Vertigo.

Signs and Symptoms

-The symptoms of vertigo include a **sense of spinning or moving**. These symptoms can be present even when someone is perfectly still.

-Movement of the head or body, like rolling over in bed, can escalate or worsen the symptoms.

-Other symptoms are lightheadedness or a sense of fainting(dizziness).

-Nausea or vomiting.

Risk factors

-Head injuries may increase the risk of developing vertigo

-Medications including antiseizure medications, blood pressure medications, antidepressants, and even aspirin. Anything that may increase your risk of stroke (high blood pressure, heart disease, diabetes, and smoking) may also increase your risk of developing vertigo.

-Drinking alcohol can cause vertigo.

Treatment

Depending upon the cause of Vertigo, Treatment is with medications or Physical Therapy.

Preventive Measures

1.Diet Control by reducing salt intake,fatty and oily foods can help in controlling the disease.

2.Vestibular rehabilitation exercises done routinely may help prevent recurrent episodes.

3.Avoid stressful physical activity especially over extending your neck muscles as you may have an attack of Vertigo.

(It is recommended to have railings in toilets at house or work place to prevent risk of falling down).

4.A good sleep at night will help in reducing the chances of getting Vertigo.

5.Maintaining proper water intake and being Hydrated can also help to reduce symptoms.

6.Avoiding jerky movements while getting up from bed or chair can also decrease the number of episodes of Vertigo.

As most cases of vertigo occur spontaneously, it is difficult to predict who is at risk and also complete avoidance or prevention may not be possible.

However, maintaining a healthy lifestyle will decrease the risks of experiencing this condition.