Rady Faculty of Health Sciences Presents

Health Talks - Engage Your Mind
2018-2019

7:00 PM - 8:30 PM | REH-FIT Centre
1390 Taylor Avenue | Winnipeg, MB

Dizziness and Vertigo
The Problem with Dizziness

1. Dizziness is the primary complaint in 2.5% all visits to the Dr: 8 million/year visits in the USA

2. There are substantial ear related (40-50%), neurologic (10-30%), general medical (10-30%), and psychiatric/undiagnosed causes of vertigo (15-50%)

3. 35% of adults aged 40 years or older in the US, approximately 69 million American, have experienced some form of vestibular dysfunction. Source: Vestibular Disorders Association

4. Dizziness presents a significant diagnostic problem due to its many causes (ENT, Neurology, Cardiology and Psychiatry). It is difficult to diagnose
The Problem with Dizziness

5. The cost to Manitoba's economy from falls has been estimated to be greater than $164 million dollars with 2,000 hospitalizations averaging 33 days in people 65 years and older. Source: WRHA Falls Prevention document

6. 4% (8 million) of American adults report a chronic problem with balance

7. 1.1% (2.4 million) report a chronic problem with dizziness alone.

8. 80% of people aged 65 years and older have experienced dizziness. BPPV (loose crystals in the ear) is the most common vestibular disorder and is the cause of approximately 50% of dizziness in older people. Source: Dr. Timothy Haines
Relationship between Vertigo and Dizziness on Vision and Balance

Reflexes from the balance nerves of our inner ear connect with:

a) the muscles of the eye to help stabilize our vision and keep things steady when we move our head

b) muscles of our legs and trunk to help us remain upright

If the balance nerves or inner ear structures are damaged from trauma, viruses or disease, the communication between the ears, eyes and muscles of the legs and trunk is disrupted.

One may experience the sense that they or their environment is tilting, spinning or moving producing the feeling of vertigo, dizziness and imbalance.
Normal Balance Depends on:

1. Clear vision while moving (eyes)
2. Being able to identify orientation in space with respect to gravity (ears)
3. Being able to determine direction and speed of movement (motion detectors in our ears)
4. Knowing what the muscles and joints are doing (nerve endings in our skin and muscles)
5. Making automatic postural adjustments to maintain posture and stability in various conditions and activities.

EYES, EARS and SENSE of TOUCH in our feet and fingertips provide us with our ability to maintain balance and orientation in space.
Causes of Dizziness and Vertigo

Multiple reasons and hard to diagnose

- 50% vestibular/otologic dizziness (ear disease)
- 5 to 10% central dizziness (neurological, including strokes, TIA’s and Migraines)
- 5 to 10% medical dizziness (medications and disease)
- 15% psychological (anxiety)
- 25% have undiagnosed dizziness/non specific dizziness (vague with unknown cause)

Vertigo

• No two situations are the same
• If there is sudden onset of intense vertigo and this is a brand new symptom, go to ER to rule out anything serious such as a stroke, especially if accompanied by weakness, tingling and speech or vision changes.
  ▪ F - facial drooping
  ▪ A - arm weakness
  ▪ S - speech difficulties
  ▪ T - time is of essence, act fast
• If this is a recurring symptom and you recognize it as something you’ve had treated and explained to you before, take the advice previously provided by your health care provider.
Help Prevent Falls and Manage Dizziness

Focus on Something:
• When you’re dizzy, look at something and concentrate on it. Vision can help stabilize your feeling of imbalance and disequilibrium.
• Ensure adequate lighting and install night lights
• Ensure correct prescription for glasses
• Be careful about progressive glasses on stairs which can be a major cause of falls

Touch something:
• Add another point of contact to something stable such as a table, wall or chair with your fingers, hip, elbow or back of legs or someone else’s elbow.
• Install railings on stairs and grab bars in bathroom
Help Prevent Falls and Manage Dizziness

Walking:

• Use a walking aid such as a cane, walker or walking poles which help by adding another contact point to the ground.
• Wear good shoes...firm soles provide better support than soft spongy soles
• Look at the ground if it helps.
• Touch your partner’s elbow.
• Widen your stance which increases your base of support.

Exercises:

• Strengthening and flexibility including balance exercises. Organized classes such as TAI CHI or community classes are great resources.
Help Prevent Falls and Manage Dizziness

Environment:
- Ensure adequate lighting
- Reduce clutter and loose carpets, cords, alarms such as Lifeline to monitor accidental falls
- Grab bars in bathrooms

Nutrition:
- Eat well
- Calcium with Vitamin D supplements

Work with your doctor to manage and monitor:
- Blood Pressure
- Medications
- Symptoms

ABOVE ALL...STAY ACTIVE