

Vertigo-Be Gone!

(Say Good-Bye to Dizziness)

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If you suffer from dizziness with rolling over in bed and turning your head, you may be suffering from BPPV (benign paroxysmal positional vertigo). BPPV is very common and can be easily cured. Unfortunately, sufferers of BPPV often do not seek medical attention. BPPV is caused by small crystals (otoconia) in the inner ear breaking free from their normal resting place and floating through the canals of the inner ear. Head movements cause these free-floating crystals to slam into a membrane in the inner ear (cupula) which results in the sensation that you are spinning.

BPPV is provoked by: lying down from sitting, sitting up from lying, bending over, looking up, reaching overhead, rolling in bed, being unable to sleep without the head of the bed raised, and is worse in the morning and evening. Common symptoms are sensations of: imbalance, difficulty walking, spinning, light-headedness, tilting, “floating”, and falling.

If this describes you, then you may very likely be suffering from BPPV. Not to worry! BPPV is easily diagnosed and treated. BPPV is usually cured within 1-2 treatments and has a 90+% rate of success for complete resolution of symptoms. I have undergone training for the treatment of BPPV and have seen first-hand excellent results resolving vertigo in a matter of minutes. If you think you have BPPV, do not hesitate to seek medical treatment for your symptoms.