

FAQs About Balance, Dizziness, & Vertigo

Why am I dizzy?

There are a multitude of reasons that a person might become dizzy. For this reason, a patient will often see several specialists to find the cause of their dizziness.

In order to maintain balance and not have dizziness, several systems in the body work together. These include the vestibular system of the inner ear, the eyes, and the muscles and bones. The brain coordinates the function of these three systems. A problem with any of these systems can cause the feeling of dizziness. Additionally, if the brain is not processing the signals from the systems properly, the result is a feeling of dizziness or imbalance.

What are the most common causes of dizziness?

Potential causes of dizziness include the following:

- *Inner ear disorders
- *Ocular disorders (problems with vision)
- *Cardiovascular disorders
- *Diabetes
- *Neurological disorders
- *Musculoskeletal problems
- *Autoimmune disorders
- *Migraine headaches

How do you determine the cause of dizziness?

The functioning of the inner ear is tested to help determine the cause of the dizziness. The function of the inner ear can be compromised due to illness, infection, disease, medication, head trauma, or the natural aging process. In order to assess the function of the inner ear, our Audiologists perform a specialized battery of tests, including VNG/ENG (Videonystagmography).

For more information on dizziness: www.mayoclinic.com/health/dizziness/DS00435
www.dizzy.com/script/Dizziness.asp

**If you have any questions, don't hesitate to call our Audiologists.
It is our goal to educate our patients.
(303) 487-0834**