



Things You May Not Know About Dizziness and Balance Disorders

- IN 1994, 11 MILLION PHYSICIAN VISITS FOR DIZZINESS WERE RECORDED.³⁶
- IN 1988, DYSEQUILIBRIUM WAS THE SECOND MOST COMMON DIAGNOSIS FOR A MEDICARE HOSPITAL ADMISSION, WITH AN AVERAGE STAY OF 4.3 DAYS.⁵⁵
- 50% OF PATIENTS COMPLAINING OF DIZZINESS IN A PRIMARY CARE SETTING DO NOT GET A DIAGNOSIS.⁵¹
- 70% OF PATIENTS COMPLAINING OF DIZZINESS IN A PRIMARY CARE SETTING GET A PRESCRIPTION FOR MECLIZINE.⁶
- MECLIZINE IS KNOWN TO HINDER THE NATURAL VESTIBULAR COMPENSATION PROCESS.⁵⁷
- MOST MEDICATION GEARED TOWARDS TREATING THE SYMPTOMS OF DIZZINESS AND DYSEQUILIBRIUM (VESTIBULAR SUPPRESSANT, ANTI-EMETICS, ANTI-CHOLINERGICS, SEDATIVES, AND TRANQUILIZERS) HINDER THE NATURAL VESTIBULAR COMPENSATION PROCESS.⁵⁷
- MECLIZINE HAS THE SLOWING EFFECT ON REACTION TIME EQUAL TO A BLOOD ALCOHOL LEVEL OF .04 TO .06.³²
- REDUCED REACTION TIME IS A LEADING CAUSE OF FALLS IN THE ELDERLY.⁵³
- VESTIBULAR ABNORMALITIES ARE FOUND IN 50 PERCENT OF FALLERS.¹²
- FALLS LEAD TO OVER 200,000 HIP FRACTURES PER YEAR IN THE U.S.²¹
- NEARLY 50% OF ELDERLY PATIENTS ADMITTED FOR HIP FRACTURES BECOME CHRONIC PATIENTS.³⁷
- NEARLY 50% OF ELDERLY PATIENTS ADMITTED FOR HIP FRACTURES DIE WITHIN ONE YEAR.⁴⁴
- MRI EXAMS HAVE A VERY LOW YIELD FOR PATIENTS UNDERGOING EXAMINATIONS FOR DIZZINESS.¹⁵
- VESTIBULAR EVALUATIONS INCLUDING AUDITORY EVOKED POTENTIALS AND ELECTRONYSTAGMOGRAPHY ARE OVER 90% SENSITIVE FOR AUDITORY NERVE, BRAINSTEM OR CEREBELLAR PATHOLOGY CAUSING DIZZINESS.^{19, 26}

Things You May Not Know About Dizziness and Balance Disorders (cont.)

- VESTIBULAR EVALUATION GENERALLY COSTS ABOUT ONE HALF OF A MRI WITH CONTRAST. ⁴²
- ALL THAT IS DIZZY IS NOT VESTIBULAR. VISUAL AND SOMATOSENSORY INPUT, AS WELL AS EFFICIENT BRAINSTEM INTEGRATION ALSO CONTRIBUTES TO NORMAL BALANCE FUNCTION.
- APPROXIMATELY 1,000 MEDICATIONS IN THE PDR LIST DIZZINESS, VERTIGO, OR LIGHT-HEADEDNESS AS A POSSIBLE SIDE EFFECT. ⁵⁰
- VESTIBULAR DISORDERS ARE RESPONSIBLE IN 85% OF PATIENTS COMPLAINING OF DIZZINESS. ⁴⁷
- BENIGN PAROXYSMAL POSITIONAL VERTIGO (BPPV) IS THE MOST COMMON CAUSE OF EPISODIC VERTIGO. ¹¹
- BPPV IS TREATED SUCCESSFULLY IN ONE OR TWO OFFICE SESSIONS OVER 90% OF THE TIME.
- IN PATIENTS WITH CHRONIC BALANCE PROBLEMS, ONLY VESTIBULAR REHABILITATION HAS SHOWN TO IMPROVE BALANCE FUNCTION AND PERFORMANCE WHEN COMPARED TO MEDICAL THERAPY OR GENERAL EXERCISES. ²³
- THERAPY DIRECTED TOWARDS A SPECIFIC DIAGNOSIS RESULTED IN RESOLUTION OF SYMPTOMS IN 85% OF PATIENTS, WHILE GENERAL VESTIBULAR REHABILITATION EXERCISES RESULTED IN COMPLETE RESOLUTION IN 64%. ⁴⁵
- THERE IS A HIGH CORRELATION BETWEEN "PANIC DISORDERS" AND ABNORMAL VESTIBULAR FUNCTION. ²²