

DO YOU EXPERIENCE DIZZINESS?

Check the box for any of these that apply.

- ☐ I sometimes feel the room is spinning.
- ☐ I sometimes feel that I am spinning.
- ☐ I sometimes feel off balance.
- ☐ I sometimes have trouble walking straight.
- ☐ I sometimes feel lightheaded, dizzy, or nauseous.
- ☐ I sometimes feel that movement makes me off balance or uneasy.
- ☐ I sometimes feel that watching moving objects makes me feel uneasy.
- ☐ I often have ringing in my ears.
- ☐ I sometimes wake up at night with a spinning sensation.
- ☐ I sometimes feel uneasy in a department store.
- ☐ I sometimes feel uneasy walking down the aisle at the grocery store.
- ☐ I have fallen for no reason.

How many boxes did you check? _____

If you check any of the boxes on this quiz, be sure to share your responses right away with your JWM neurologist.

Turn this card over for more information.



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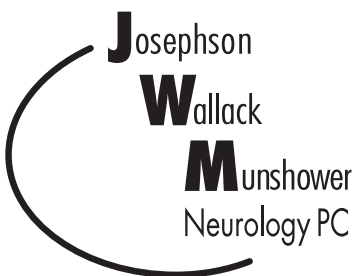
About Dizziness and Vertigo

Dizziness and vertigo are symptoms that many individuals experience. These symptoms can be quite disabling. Dizziness may also be described as lightheadedness, imbalance, disorientation, or feeling faint. Vertigo is a sensation of movement or spinning of the environment or the individual.

These symptoms may be due to a problem with the vestibular system or the central nervous system (brain). The vestibular system integrates all the sensory stimuli we see, hear, and feel into coordinated head and body movements. The brain itself controls how the eyes move with relation to the head and body.

Video nystagmography (VNG) is a testing procedure, which utilizes infrared technology in tracking eye movements during various head and body maneuvers. The responses recorded help determine whether symptoms are due to abnormalities within the vestibular system or the brain. In localizing the problem, specific therapies may be administered over a period of time to help diminish or even eliminate symptoms. A balance platform is also available for assessment of those who suffer from balance disorders.

JWM Neurology utilizes VNG testing to help patients with symptoms of dizziness or vertigo. If you experience these symptoms, please let us know if we can assist you with this problem.



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