

# Vertigo and Dizziness

## What is it?

- **Vertigo**- appears as you and your surroundings are spinning when there is no actual movement, inner ear problems, may have nausea and vomiting; often can't walk or stand if severe vertigo
  - **Most Common**- changes in your head
  - **Labyrinthitis**- inflammation in the inner ear that controls balance; usually caused by a viral infection or following flu or cold
  - **Meniere's**- build up of fluid in the inner ear
  - **Other Causes**- Multiple Sclerosis, Migraine Headache, Stroke, or less common a brain tumor
- **Dizziness**- used to explain vertigo and light headedness
- **Light Headedness**- feel as if you are about the faint or pass out, unsteady
  - **Improves**- when lying down
  - **Worse**- fainting spell with nausea and vomiting, momentary drop in blood pressure, reduced blood flow to the brain when arising too quickly (orthostatic hypotension) which can be caused by medications (heart medications, diuretics, high blood pressure medications) or dehydration
  - **Common**- with flu, allergies, cold,
  - **Causes**- fever, vomiting and diarrhea can cause dehydration and need to increase fluids; drinking alcohol, using illegal drugs, stress, hyperventilation, anxiety
  - **Uncommon Cause**- abnormality in heart rhythm that reduces blood flow



## Facts:

- **More Serious Lightheadness**- Bleeding internally



## What can I do?

- **See your Health Care Provider**- for more information
- **Fluid Needs**- Weight divided by 2.2 x 30 = cc/ml per day divided by 240 cc/ml (= 1 cup) = cups needed per day and increase by 2 cups per day for UTI (Urinary Tract Infection, Diarrhea, Vomiting, Fever, or when losing fluids as burns, extensive exercise in hot weather, etc...