



VERTIGO “TIPS AND TRICKS”

- ⇒ If you have trouble with your balance at night, be sure to keep a nightlight on or have easy access to lights before you begin to walk.
- ⇒ Keep a dizziness journal where you record descriptions of your sensations, how long they last, how frequently, general health and/or medication changes prior to, during, and after the event.
- ⇒ Chronic recurring BPPV can be treated using 800 iu of Vitamin D as part of a daily vitamin regime to aid in the absorption of the calcium carbonate crystals, which cause the dizzy sensation with movement.
- ⇒ BPPV is 3 times more common in patients who regularly experience migraines, and twice as common in those with Meniere’s disease.
- ⇒ Weight training gives better long-term benefit to patients with balance problems than general balance therapy or Tai Chi.