Ataxia

You have an unsteady walk called ataxia. Your condition may require further tests.

Ataxia can be caused by:

- Neurological conditions
- Infections
- Physical exhaustion
- Internal bleeding
- Alcohol intoxication, or medication side effects
- Problems with circulation, blood pressure, and heart disease can also make you unsteady.

Laboratory and x-ray tests may be needed.

Treatment for now:

- Get plenty of rest and eat a nutritious diet over the next weeks.
- Avoid alcohol.
- If you become very unsteady, dizzy, nauseated, or feel like you are going to faint, lie down flat right away.
- Wait until all your symptoms pass before you get up again.

SEEK IMMEDIATE MEDICAL CARE IF YOU DEVELOP:

- Severe unsteadiness, headache, chest pain, or abdominal pain.
- Weakness or numbness on one side of your body.
- Problems with your vision
- Confusion or difficulty speaking.
- Fever, chills, or an irregular heartbeat or a very fast pulse.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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