Benign Positional Vertigo (BPV)

Vertigo is a feeling that you are unsteady or that you or your surroundings are moving. Benign positional vertigo (BPV) is the most common form of vertigo. Benign means it does not have a serious cause. It is an upset in the balance system in your middle ear. This is troublesome but usually not serious. A viral infection or head injury are common causes, but often no cause is found. It is more common as we grow older.

SYMPTOMS

Sudden dizziness happens when you move your head in different directions. Some of the problems that come with this are:

- Loss of balance
- Throwing up
- Blurred vision
- Dizziness
- Feeling sick to your stomach

DIAGNOSIS

Your caregiver may do some specialized testing to prove what is wrong.

HOME CARE INSTRUCTIONS

- Rest and eat a well balanced diet.
- Move slowly and do not make sudden body or head movements.
- Do not drive a car or do any activities that could hurt you or others.
- Lie down and rest. Take precautions to prevent falls.

SEEK IMMEDIATE MEDICAL CARE IF:

- You develop headaches which are severe or lasting.
- You develop continued vomiting.
- A temporary loss or change of vision appears.
- You notice temporary numbness on one side of your body.
- You are temporarily unable to speak.
- Temporary areas of weakness develop.
- You have weakness or numbness in the face, arms, or legs.
- You notice dizziness or difficulty walking.
- You experience slurred speech or difficulty swallowing.

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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