



SYMPTOMS OF INNER-EAR DISORDERS

Many of the symptoms experienced by people affected by dizziness and balance disorders are obscure and frightening. This symptom list is incomplete and does not apply to everyone with an inner-ear disorder. But it may aid many who have been unable to make sense out of their seemingly abnormal sensations and symptoms. We hope it is relieving to discover that these symptoms are caused by a physical problem, that they are real and not imagined.

VISION

- Objects jump (silverware jumps off table, stairs swing).
- Reading is difficult (print moves, vision blurs or doubles, words or letters switch).
- Writing may be difficult.
- Lights glow or emit rays, glare is intensified.
- Tendency to look down. Discomfort increases when you focus at a distance.
- Night blindness increases.
- Poor depth perception.
- Moving or flickering lights may be disturbing.

HEARING

- Can fluctuate, be lost completely, or be unaffected.
- Distortions such as popping, clicking, buzzing can occur.
- Loud environments may be uncomfortable or sickening.
- The ears may feel full.

NAUSEA

- Continual or intermittent nausea (or only in morning or as fatigue increases).
- A hangover feeling or seasick sensation in the head and/or stomach.
- Motion sickness.

MEMORY

- Poor memory.
- You may forget what you are talking about, grope for words.
- Confusion, disorientation, inability to comprehend directions, instructions.

COORDINATION

- Clumsiness (dropping things, difficulty threading needle).
- Sensation of heavy weights on the head.
- The center of balance is off.
- Muscle and joint pains.
- Balance may be normal (via compensation with vision or touch).
- Rocking sensation (as if you're in a rowboat).
- Difficulty walking straight.
- Slurred speech.

SPECIALIZING IN:

- Pediatric and Adult Hearing Loss • Vertigo and Balance Disorders • Fall Prevention • Balance Retraining • Vestibular Rehabilitation • Motion Sensitivity Rehabilitation • Digital Hearing Correction • Extended Wear Hearing Devices • Tinnitus Evaluation and Treatment • Newborn and Infant Evaluation •



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Continuation (Symptoms of the Inner-Ear Disorders)

EMOTIONS

- Loss of self-reliance, self -confidence, self-esteem.
- Distraction
- Depression

OTHER

- Headaches
- Discomfort worsened by high altitude.
- Fatigue, everyday tasks are exhausting.
- Violent whirling sensations (vertigo), nausea, vomiting.

The human balance system depends on information that the brain receives from the eyes, the muscles and joints of the body, and the inner ear. If the inner ear is damaged, the brain may receive incorrect information. The result may be dizziness or imbalance problems.

There are as many different symptoms of inner-ear vestibular disorders as there are individuals, and with a degrees of severity. Also, an inner-ear disorder may be present even in the absence of imbalance, a hearing problem, or vertigo.

People affected by some of these symptoms may be perceived as inattentive or lazy, or may be thought to be hypochondriacs. Well-educated people may have difficulty ready or doing simple math. Keeping a job, going to school, performing routine tasks, or just getting out of bed in the morning may be difficult for some people.

Getting a diagnosis, adhering to your treatment, and learning as much as you can about your problem will assist you in your recovery.

This document is not intended as a substitute for professional health care.

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Did you know...

- ① Vertigo, according to the Vestibular Disorder Association, will affect 76,000,000 Americans sometime during their lifetime.
- ② Each year, over five million people consult with their doctors with complaints of dizziness, the number one malady for those over 70.
- ③ Balance related falls account for more than one-half of the accidental deaths in the elderly.
- ④ Balance related falls cause over 250,000 hip fractures a year in individuals over 65 years of age.
- ⑤ Some forms of inner ear disorders, such as Meniere's Disease, benign positional vertigo, perilymph fistula, and endolymphatic hydrops, have symptoms which are virtually indistinguishable to most people. Because imbalance and vertigo can affect a person's ability to stand and walk, to see clearly, to read, to watch television, to make decisions, and to think clearly: diagnoses are sometimes confused with multiple sclerosis and clinical depression.
- ⑥ Children with treatable vestibular disorders are sometimes incorrectly diagnosed as learning disabled, dyslexic, or psychologically disturbed.
- ⑦ Blows to the head and whiplash are frequent causes of balance dizziness, and ear infections, such as otitis media, can also lead to vestibular disorders.

The good news...

is that diagnosis and treatment have been changing dramatically over the last ten years, and now there is much hope for many who once thought there might be no relief.

Call to schedule an appointment or for further information:

(949) 642-7935

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