

Do You Experience Dizziness or Vertigo?

Take the quiz to determine if you are a good candidate for testing and treatment.

- Do I feel unsteady?
- Do I lose my balance and fall?
- Do I feel as if I am falling?
- Do I feel as if the room is spinning around me?
- Do I get dizzy when I lay down or turn over in bed?
- Do I feel as if I am moving when I am sitting or standing still?
- Do I feel light headed or as if I might faint?
- Do I have blurred vision?
- Do I ever feel disoriented, such as losing my sense of time or where I am?

If you answered “yes” to any of these questions, please speak with your physician about the recommendation of a balance test for a potential vestibular disorder.

The Balance Center at Cape Regional Medical Center has state-of-the-art testing for patients that suffer from vertigo or dizziness.

The Balance Center
at Cape Regional Medical Center
2 Stone Harbor Boulevard
Cape May Court House, NJ 08210

To schedule a Balance Study,
please call 800.632.6807.



For a healthier life.

800.632.6807 | CapeRegional.com

BALANCE CENTER



For a Healthier Life.

WHAT IS A VESTIBULAR DISORDER?

Millions of people in the United States have problems with balance they describe as dizziness often caused by a problem of the inner ear and brain, also called the vestibular system.

Dizziness and vertigo are often used interchangeably, but they have different meanings. Dizziness is a non-specific term that may imply vertigo (spinning sensation), lightheadedness (if severe may feel faint), or confusion (often caused by metabolic problem). Imbalance implies an unsteadiness and often occurs with dizziness, but can occur separately.

For patients with balance problems, symptoms can interfere with their quality of life. A sudden attack could happen anywhere including while driving a car, standing in line, or at a restaurant. Understanding the condition and ways to manage it can help improve day to day activities.

Balance-related symptoms can result from a problem with any part of the vestibular system. This system is responsible for coordinating a sense of balance, movement, and spatial orientation.

HOW VESTIBULAR DISORDERS ARE DIAGNOSED

Frequent episodes of vertigo, whether lasting only for a few seconds or days on end, are a primary sign of a vestibular dysfunction, especially when linked to changes in head position. By contrast, dizziness can be a primary sign of a vestibular disorder in addition to a broad array of psychological problems. It is also possible that a person may have a combination of problems, such as a degenerative vestibular disorder. Diagnosis is the first step toward the treatment of vertigo. A dizzy feeling may be a symptom of a larger problem. It is important to understand the underlying cause and treat it.

When a vestibular disorder is suspected a full panel of testing can be ordered by your physician, which will consist of:

- **Videonystagmogram (VNG)** is a series of tests designed to document a person's ability to follow visual objects with their eyes and how well the eyes respond to information from the vestibular system. The test also addresses the functionality of each ear and if a vestibular deficit may be the cause of a dizziness or balance problem.
- **Caloric Test** involves stimulating both of the patient's inner ears (one at a time with warm air and then cold air). The movement of the patient's eyes will be monitored to ensure that both of their

ears can sense this stimulation. This test will determine whether the vestibular organs are functioning properly and whether one system/ inner ear is significantly weaker than the other.

- **Computerized Static Posturography** is a computerized test that assesses a patient's ability to maintain a standing balance under various conditions. To undergo this test, the patient stands on a moveable platform that records postural adjustments. Patient postural adjustments are observed, recorded, and measured with the patient's eyes open and eyes shut on a stable platform.
- **Otoacoustic Emissions Test (OEA)** is a form of a diagnostic test for hearing. During this test, a low-level sound is emitted by the cochlea either spontaneously or evoked by an auditory stimulus. Specifically, OEA's provide information related to the function of the outer hair cells, which convert sound waves into neural signals. These signals are passed to the brain via the auditory nerve to determine hearing.

TREATMENT CAN INCLUDE:

- Vestibular rehabilitation therapy (VRT)
- Canalith repositioning maneuvers
- Home-based exercise
- Dietary adjustments
- Talk therapy counseling
- Medication
- Surgery

To schedule a Balance Study,
please call 800.632.6807.