



• The London Road Clinic •

Dizziness, Vertigo and Imbalance

Q What are the symptoms?

A Dizziness may be experienced in many different ways. Patients report light headed feelings; sensations of movement or spinning; "cotton wool" in the head; tiredness; or even the feeling their brain, eyes and legs are not talking to each other. Symptoms may last seconds, hours, months, or years.

Q What else should I look out for?

A If your symptoms don't improve, or if you develop hearing loss, tinnitus, headaches, weakness, palpitations, loss of consciousness, numbness or clumsiness you should certainly seek medical advice.

Q What causes dizziness?

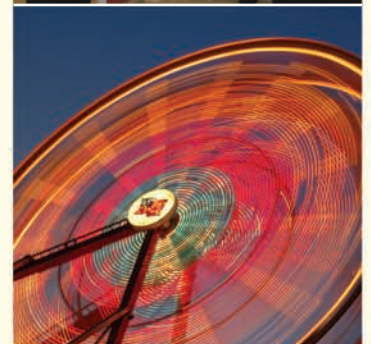
A There are a huge range of causes which is why seeing a specialist at the balance centre is recommended if your symptoms continue. Problems in the inner ear are the commonest cause for persisting symptoms. Abnormalities of the brain, nervous system, cardiovascular system, and hormonal system (such as diabetes) need assessing. Stress and anxiety can also cause dizziness.

Q What are the common inner ear diseases?

A The commonest causes of dizziness seen in the Balance Centre at The London Road Clinic are labyrinthitis and vestibular neuronitis caused usually by viral infections, BPPV caused by tiny crystals in the inner ear, Meniere's disease, migraine, and head injury. But there are many, many more. Accurate diagnosis is essential to successful treatment.

Q Will I undergo specialist investigation?

A Yes the Balance Centre at The London Road has some of the most sophisticated equipment to investigate balance disorders available in the UK. This includes computerized dynamic posturography – the floor and the walls move in this test – VNG, ECOG, ABR, IRO, caloric testing, and hearing tests. These are very well tolerated despite their description! MRI scans are arranged when required.



• For more information on all our treatments visit our website www.thelondonroadclinic.co.uk
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• Fax: 0116 298 8282 •
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Q What treatment should I expect?

A Fortunately most patients attending the clinic are found to be suitable for treatment, even though symptoms can be longstanding. This may be as quick as manipulations for BPPV, longer term specialist tailored vestibular physiotherapy programs, medications, or less commonly surgery.

Q How may I attend The Balance Centre?

A Patients travel from all over the UK and indeed from overseas to attend the Balance Centre. If you live locally it is usually best to ask your GP to refer you to The London Road Clinic and at an initial consultation further investigation can be planned. If you live further afield your GP can write to The London Road Clinic. One of our consultants at the Balance Centre, will call you at home to discuss your needs to see if a "one stop visit" can be arranged with all the required tests at the same time.

Q If I come to The London Road Clinic what will happen?

A You will be seen by our highly experienced consultant ENT team. A detailed history and neurological and balance assessment will be undertaken. Non-ENT causes of imbalance will also be sought. Many patients are cured successfully on one visit. Others will need further specialist investigation.

Q Can I just book in to The London Road Clinic for this?

A You will need to see your GP first and ask him to refer you to The London Road Clinic. The referral letter will then inform us of any past or ongoing medical conditions which you may forget to mention during your consultation.



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