

UNDERSTANDING DIZZINESS

CAUSES, EVALUATION & MANAGEMENT



Feeling dizzy? Dizziness is one of the most common reasons people seek medical care. It can range from mild lightheadedness to severe spinning sensations that affect daily activities.

COMMON TYPES OF DIZZINESS



LIGHTEADEDNESS

- Feeling faint
- Feeling like you may pass out



VERTIGO

- Room-spinning sensation
- Often related to inner ear disorders



DISEQUILIBRIUM

- Poor balance
- Feeling unsteady while walking



BRAIN FOG / WOZZINESS

- Difficulty concentrating
- Feeling disconnected or "off"

COMMON CAUSES

DEHYDRATION

- Not drinking enough fluids
- Excessive sweating
- Illness or heat exposure

MANAGEMENT

- ✓ Increase water intake
- ✓ Replace electrolytes when appropriate



ORTHOSTATIC INTOLERANCE & DYSAUTONOMIA

Including:

- Orthostatic Hypotension
- Vasovagal Syncope
- POTS (Postural Orthostatic Tachycardia Syndrome)

SYMPTOMS

- Dizziness when standing
- Blurred vision
- Palpitations
- Fatigue
- Brain fog

MANAGEMENT

- ✓ Hydration
- ✓ Adequate salt intake (if recommended)
- ✓ Exercise program
- ✓ Compression garments
- ✓ Good sleep habits



INNER EAR DISORDERS

- Benign Positional Vertigo (BPPV)
- Vestibular Neuritis
- Ménière's Disease

SYMPTOMS

- Spinning sensation
- Nausea
- Balance problems

MANAGEMENT

- ✓ Vestibular therapy
- ✓ Repositioning maneuvers
- ✓ Specialist evaluation



ANEMIA

- Low red blood cell count
- Iron deficiency

SYMPTOMS

- Fatigue
- Weakness
- Dizziness
- Shortness of breath



LOW BLOOD SUGAR

- Skipping meals
- Prolonged exercise

SYMPTOMS

- Shakiness
- Sweating
- Hunger
- Dizziness



MIGRAINE-ASSOCIATED DIZZINESS

- May occur with or without headache
- Motion sensitivity
- Light sensitivity



ANXIETY & HYPERVENTILATION

- Rapid breathing
- Tingling sensations
- Feeling disconnected



CARDIAC CAUSES (LESS COMMON)

- Abnormal heart rhythms
- Structural heart disease
- Cardiomyopathy

Symptoms may include:

- Dizziness
- Fainting
- Palpitations
- Chest pain



WHEN SHOULD YOU SEEK IMMEDIATE MEDICAL ATTENTION?

- ⚠ Fainting or loss of consciousness
- ⚠ Chest pain
- ⚠ Severe headache
- ⚠ Weakness on one side of the body
- ⚠ Difficulty speaking
- ⚠ Double vision
- ⚠ Persistent vomiting
- ⚠ Shortness of breath



HOW IS DIZZINESS EVALUATED?

- 📋 Medical history
- 🩺 Blood pressure and heart rate measurements
- 📊 Electrocardiogram (ECG)
- 🧪 Blood tests
- 📺 Echocardiogram (when indicated)
- 🧠 Neurologic evaluation
- 👂 Vestibular testing

TIPS TO PREVENT DIZZINESS

- 💧 Stay well hydrated
- 🍽 Eat regular balanced meals
- 🏃 Exercise consistently
- 😴 Get adequate sleep
- 📶 Rise slowly from sitting or lying positions
- ☀ Avoid excessive heat exposure



KEY TAKEAWAY: Most dizziness is related to dehydration, orthostatic intolerance, inner ear disorders, anemia, or migraines. Identifying the underlying cause is essential for effective treatment.
Persistent symptoms, fainting, chest pain, or exercise-related dizziness should always be medically evaluated.



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