

HAVE YOU HEARD?

2024 NEWSLETTER - VOL 2

IT'S GOOD TO HEAR!

WHAT TO "HEAR" ABOUT DIZZINESS & BALANCE



DIAGNOSTICS

Dizziness and balance difficulties often result from problems in the vestibular system, which is linked to the hearing system in the inner ear. A series of tests designed to identify the source of a person's dizziness allows an audiologist to identify which parts of the hearing or vestibular system are not functioning normally.

You should have your balance evaluated if you experience any of the following symptoms:

- Dizziness, lightheadedness, or feeling off-balance
- A spinning sensation with certain movements, such as quick head turns, rolling over, or getting out of bed
- Have trouble walking on uneven surfaces
- Feel unsteady or need to touch something while walking
- Blurry vision or vision that "bounces" while you walk
- Feel as though you are swaying or leaning toward one direction while walking

HES is one of the few audiology practices outside of large hospital clinics that is able to offer both VNG and Rotary Chair testing. We are able to perform a thorough evaluation and guide you to the best treatment option when we identify a deficiency in the vestibular system.

Get on the road to feeling better and maintaining your independence with a VNG and Rotary Chair test.

TESTING

Videonystagmography (VNG) testing assesses whether the vestibular portion of the inner ear, which is responsible for carrying balance signals to the brain, may be the cause of dizziness symptoms. It is one of the only tests capable of determining whether a vestibular problem is localized to one or both ears.



Dr. Carolyn Yates demonstrates the new Rotary Chair located at HES' Tonawanda location.

Rotary chair testing provides deeper insight than the VNG alone. It helps us evaluate an automatic reflex in the central nervous system responsible for maintaining the visual clarity of objects during head movements.



Scan the QR code to submit your answer!

Help us learn!

What kind of dizziness do you experience?

1. Spinning sensation
2. Rocking sensation (like you're on a boat)
3. Lightheadedness
4. Difficulty seeing clearly while moving (for example - reading a sign)
5. Unusual eye movements
6. Swaying or leaning while walking
7. Nausea
8. Dizzy when you stand up

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MAINTAIN YOUR BALANCE TO MAINTAIN YOUR INDEPENDENCE!

DID YOU KNOW?

- Up to 30 percent of older adults have dizziness.
- The risk of experiencing dizziness increases with age.
- Dizziness is more common in women than men.
- Falls are highly associated with vertigo and dizziness.
- More than one in four people aged 65 or older fall annually.
- Falls result in more than 3 million injuries treated in emergency departments annually, including over 800,000 hospitalizations.
- Falling is the greatest threat to your independence.

CAUSES OF DIZZINESS:

-  Inner Ear Problems
-  Heart Disease
-  Anxiety Disorders
-  Circulation/Blood Flow
-  Concussions
-  Migraines
-  Certain Medications
-  Ear wax plugging the ear

Don't risk losing your independence due to a fall-related injury. Testing of your inner ear (called the vestibular system) may be the next step if you and your doctor have ruled out other medical causes for your dizziness. Call our office if you could benefit from a vestibular test.