Dizziness

What Is Dizziness?

Dizziness is a feeling of being light-headed, unsteady, or experiencing spinning sensations (vertigo). It can happen suddenly or persistently, affecting your balance and daily activities. Often, dizziness arises from problems within your inner ear (the vestibular system), but it can also result from various other medical conditions. Experiencing dizziness can be unsettling and sometimes worrying. At Birmingham Head and Neck Clinic, we understand how dizziness affects your daily life and offer thorough assessments and tailored treatments to help you regain your balance and confidence.

What Causes Dizziness?

Dizziness often stems from issues in your inner ear, known as vestibular disorders. Common causes include:

- **Benign paroxysmal positional vertigo (BPPV)** – brief, intense episodes triggered by head movements
- **Ménière's disease** – episodes of dizziness accompanied by hearing loss and tinnitus (ringing in the ears)
- **Vestibular neuritis or labyrinthitis** – inflammation often caused by viral infections
- Balance disorders linked to age, medication, or other medical conditions

When Should You Seek Help?

Consult our specialists if you experience:

- Frequent or severe dizziness episodes
- Dizziness combined with hearing loss, ringing in your ears, or ear pressure
- Difficulty balancing or increased risk of falls
- Dizziness lasting more than a few minutes or recurring frequently

Investigations We Offer

At your appointment, our ENT specialists will discuss your symptoms and medical history. To pinpoint the cause, we offer several tests, including:

Hearing tests (audiometry)

Assess your hearing ability to determine if your dizziness is linked to ear function.

Balance tests

We perform tests like Videonystagmography (VNG) and Caloric testing, evaluating your inner ear's response to movements and temperature changes.

Imaging tests

Occasionally, MRI or CT scans may be recommended to exclude rare causes affecting your balance system.

Managing Dizziness

Effective management of dizziness depends on its cause. Treatment plans at our clinic are personalised, focusing on your specific diagnosis and lifestyle needs.

Treatment options

- **BPPV (Benign paroxysmal positional vertigo)** – Usually treated with the **Epley manoeuvre** or other repositioning techniques to alleviate symptoms quickly
- **Vestibular rehabilitation therapy (VRT)** – Exercises supervised by specialists to strengthen your balance system and reduce symptoms
- **Medication** – Can help reduce dizziness symptoms, especially in conditions like Ménière's Disease
- **Lifestyle changes** – Adjusting your diet, reducing stress, and improving sleep can significantly benefit your symptoms

How We Support You

We believe comprehensive support makes a difference. At Birmingham Head and Neck Clinic, our ENT experts and vestibular therapists provide clear guidance and continuous care. We help you understand your condition, treatment options, and ways to manage dizziness effectively at home.

Tips to manage dizziness at home:

- – Move slowly, particularly when standing or turning your head
- – Sit or lie down immediately if dizziness occurs
- – Avoid sudden head movements
- – Ensure good lighting at home to reduce falls

Why Choose Birmingham Head And Neck Clinic?

- Experienced specialists: Our ENT consultants specialise in dizziness and balance disorders, offering expert assessments and treatments

- Advanced diagnostics: State-of-the-art technology and evidence-based methods ensure precise diagnosis and effective management
- Patient-centred care: Clear communication, compassionate care, and personalised treatments tailored specifically to your needs

Contact Us

Don’t let dizziness disrupt your life. Contact us to schedule an appointment or learn more about our dizziness investigation and management services.

Birmingham Head and Neck Clinic is here to support you every step of the way.