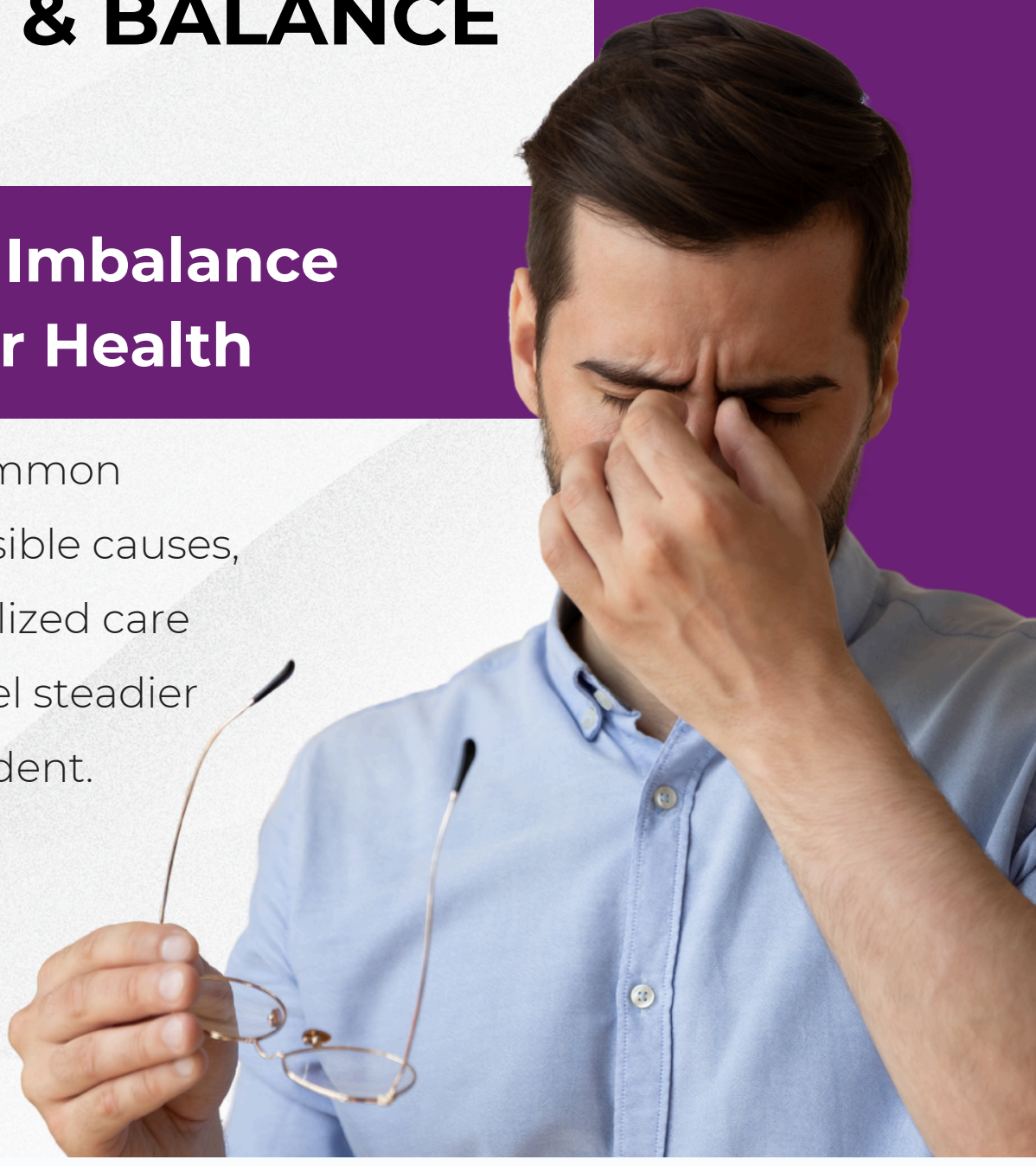
ADVANCED HEARING & BALANCE SPECIALISTS

VESTIBULAR HEALTH & BALANCE GUIDE

Dizziness, Imbalance & Inner Ear Health

Understand common symptoms, possible causes, and how specialized care can help you feel steadier and more confident.



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WHEN THE WORLD WONT HOLD STILL

What your balance system might be trying to tell you

Have you ever stood up and felt the room tilt? Rolled over in bed and watched the ceiling spin? Felt the floor drift beneath you in a busy store? Maybe it happens once in a while, or maybe it's there every day. For some people, it's a passing annoyance. For others, it changes how they walk, drive, work, and live.

This experience is dizziness, and when it traces back to the inner ear, it's often a **vestibular disorder**. It is far more common than you might think.

The good news? While dizziness and imbalance can be frightening and frustrating, there are effective ways to find the cause, reduce symptoms, and get you moving with confidence again. Understanding what's happening is the first step toward finding relief.



69 MILLION

U.S. ADULTS AGE 40+ HAVE SOME DEGREE OF VESTIBULAR(INNER-EAR BALANCE) DYSFUNCTION.

14 MILLION

OLDER AMERICANS FALL EACH YEAR, ABOUT 1 IN 4 ADULTS AGE 65 AND OLDER.

12x

HIGHER ODDS OF FALLING FOR ADULTS WITH INNER-EAR BALANCE PROBLEMS WHO ALSO FEEL DIZZY.

Does Any of This Sound Familiar?

1 The Morning Spin

You rollover in bed and the room whirls for half a minute. By the time you sit up it's fading, but now you're wary of lying back down.

2 The Grocery Aisle

You glance up at a top shelf or turn a corner in a crowded store, and the floor seems to shift under your feet.

3 The Workaround

You grip the stair rail, skip evening walks, or let someone else drive. You haven't called it a problem. You just plan around it.

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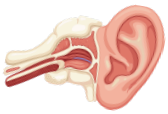
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How Your Balance Actually Works

Staying upright feels automatic, but it's one of the most complex things your body does. Balance isn't a single organ. It's a team of three systems sending information to your brain around the clock.



Your Eyes
Show where you are relative to the world around you.



Your Inner Ears
The vestibular system senses head motion, spin, and gravity.



Your Body Sensors
Muscles, joints, and feet report pressure and position.

Your brain compares all three signals, constantly

Steady footing, clear vision, confident movement

What Is a Vestibular Disorder?

Inside each inner ear are three fluid-filled loops that detect spinning, plus two small sensors that detect up-and-down and side-to-side motion and the pull of gravity. When one ear sends faulty signals, or the two ears disagree, your brain gets conflicting information. The result can be vertigo, unsteadiness, or that "off" feeling you can't quite name.

Dizziness isn't a disease itself. It's a symptom that can be associated with several underlying conditions affecting the inner ear, the balance nerve, or how the brain processes balance signals. For some individuals, dizziness resolves on its own. For others, it persists and requires professional evaluation and ongoing management.

DID YOU KNOW?!
It Climbs With Age

Share of U.S. adults with vestibular dysfunction



Four Words, Four Different Experiences

Vertigo
A false sense that you or the room is spinning or moving.

Unsteadiness
Feeling off-balance, like walking on a boat or a soft mattress.

Lightheadedness
Feeling woozy or faint, especially when standing up.

Motion Sensitivity
Crowds, scrolling, or busy patterns make you feel unwell.

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Why Does Dizziness Happen?

One of the most important things to understand is that there isn't a single cause. Different conditions can produce similar feelings, and in many cases more than one factor is at work.

Loose Inner-Ear Crystals (BPPV)

Themost common inner-ear cause of vertigo. Tiny calcium crystals drift into the wrong canal, triggering short, intense spins when you roll over, bend down, or look up. About 1 in 10 people will experience it by age 80.

Inner-Ear Inflammation

Inflammation of the balance nerve or inner ear (vestibular neuritis or labyrinthitis) can cause sudden, severe vertigo lasting hours to days, and sometimes follows a cold or viral illness.

Ménière's Disease

Episodes of vertigopaired with fluctuating hearing loss, ringing in the ear, and a feeling of fullness. A reminder that hearing and balance share the same inner-ear home.

Vestibular Migraine

Migraine doesn't always bring a headache. For some people it brings dizziness, motion sensitivity, and light or sound sensitivity instead. It is among the most common causes of recurring dizziness.

Head Injury & Concussion

Ablowto the head can disturb the inner ear or the way the brain processes balance signals, leaving people unsteady or dizzy long after the bump itself has healed.

Medications & Health Conditions

Certain medications cause dizziness, particularly at higher doses. Blood pressure changes, diabetes, and hearing loss are also linked. Never stop prescribed medication without consulting your provider.

Because the causes vary, identifying what's contributing is an essential part of building an effective plan, and it's why a careful evaluation matters more than guesswork.

DIZZINESS CAN BE A SIGN OF STROKE

Call 911 if you have sudden dizziness, or loss of balance, together with face drooping, arm or leg weakness, slurred speech, double vision, a sudden severe headache, chest pain, or confusion needs emergency care. So does dizziness after a serious head injury. Don't wait, and don't drive yourself.



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Can Dizziness and Imbalance Be Treated?

Yes! Although there isn't a one-size-fits-all fix, several evidence-based approaches can resolve certain causes, reduce symptoms, and lower your risk of falling. The right approach depends on the cause, your hearing and overall health, and how much dizziness is affecting your life.

1

Comprehensive Hearing & Balance Evaluation

A professional evaluation looks at your hearing, your history, and how your inner ears, eyes, and body work together. It helps pinpoint the likely source and determine next steps, including whether further medical evaluation is needed.

2

Treat the Underlying Cause

Many causes have targeted treatments. For BPPV, a simple repositioning procedure can move displaced crystals back where they belong. Other causes may call for medical care or a medication review. Medicines that only mask dizziness are rarely the full answer.

3

Retrain Your Balance

Specialized vestibular exercises, often guided by a physical therapist, help your brain adapt and rebuild confidence in movement. Simple home-safety steps like good lighting, railings, and clear walkways add another layer of protection.

Dizziness may be common, but it isn't something you have to plan your life around. Every unsteady step, spinning morning, or skipped outing is your body asking for answers, and those answers are within reach. Our Doctors of Audiology will take the time to listen, evaluate your hearing and balance, and help you understand what's behind your symptoms. Book your balance evaluation this week and take the first step toward steadier days.

ADVANCED HEARING & BALANCE SPECIALISTS





Our Doctors of Audiology have cared for Southern Utah and Nevada for more than 40 years. Book your balance evaluation this week and get real answers.

No referral needed.

Call Us Today at **435-466-5285**

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