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Dizziness and Vertigo

When you're dizzy, you may feel lightheaded, woozy, or disoriented. If you feel like you or the room are spinning, you have vertigo. These feelings may make you lose your balance [<https://medlineplus.gov/balanceproblems.html>] .

Dizziness can have many different causes. A sudden drop in blood pressure [<https://medlineplus.gov/lowlowbloodpressure.html>] or being dehydrated [<https://medlineplus.gov/dehydration.html>] can make you dizzy. Many people feel lightheaded if they get up too quickly from sitting or lying down. Certain medicines and problems with your inner ear [<https://medlineplus.gov/eardisorders.html>] may cause dizziness. So can motion sickness [<https://medlineplus.gov/motionsickness.html>] . Sometimes dizziness can be a symptom of other disorders.

As people get older, they may have more health problems and take more medicines. This makes them more likely to have problems with dizziness and balance.

Dizziness usually gets better by itself or is easily treated. If you are dizzy often, you should see your health care provider to find the cause.

NIH: National Institutes of Health

Start Here

- Dizziness [<https://www.mayoclinic.org/diseases-conditions/dizziness/symptoms-causes/syc-20371787?p=1>] (Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/dizziness/symptoms-causes/syc-20371787?p=1>]

Symptoms

- Vestibular Symptoms [<https://vestibular.org/article/what-is-vestibular/vestibular-symptoms/>] (Vestibular Disorders Association)

Diagnosis and Tests

- Balance Tests [<https://medlineplus.gov/lab-tests/balance-tests/>]  (National Library of Medicine)
Also in Spanish [<https://medlineplus.gov/spanish/pruebas-de-laboratorio/pruebas-del-equilibrio/>]
- Videonystagmography (VNG) [<https://medlineplus.gov/lab-tests/videonystagmography-vng/>]  (National Library of Medicine)
Also in Spanish [<https://medlineplus.gov/spanish/pruebas-de-laboratorio/videonistagmografia-vng/>]

Treatments and Therapies

- Canalith Repositioning Procedure [<https://www.mayoclinic.org/tests-procedures/canalith-repositioning-procedure/about/pac-20393315?p=1>] (Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/tests-procedures/canalith-repositioning-procedure/about/pac-20393315?p=1>]
- Home-Based Exercise [<https://vestibular.org/article/diagnosis-treatment/treatments/home-based-exercise/>] (Vestibular Disorders Association)

- Medication (for Vestibular Disorders) [<https://vestibular.org/article/diagnosis-treatment/treatments/medication/>] (Vestibular Disorders Association)
- Surgical Procedures for Vestibular Dysfunction [<https://vestibular.org/article/diagnosis-treatment/treatments/surgical-procedures-for-vestibular-dysfunction/>] (Vestibular Disorders Association)

Living With

- Dealing With Dizziness: Getting Help for a Balance Disorder [<https://newsinhealth.nih.gov/2021/11/dealing-dizziness>]  (National Institutes of Health)
Also in Spanish [<https://salud.nih.gov/recursos-de-salud/nih-noticias-de-salud/sobreelvar-los-mareos>]
- Living with a Vestibular Disorder [<https://vestibular.org/article/coping-support/living-with-a-vestibular-disorder/>] (Vestibular Disorders Association)
- Support Group Directory [<https://vestibular.org/support-groups/>] (Vestibular Disorders Association)

Related Issues

- Autoimmune Inner Ear Disease [<https://vestibular.org/article/diagnosis-treatment/types-of-vestibular-disorders/autoimmune-inner-ear-disease/>] (Vestibular Disorders Association)
- Cholesteatoma [<https://www.enthealth.org/conditions/cholesteatoma/>] (American Academy of Otolaryngology—Head and Neck Surgery)
- Enlarged Vestibular Aqueduct (EVA) [<https://vestibular.org/article/diagnosis-treatment/types-of-vestibular-disorders/enlarged-vestibular-aqueduct-eva/>] (Vestibular Disorders Association)
- Otosclerosis [<https://www.nidcd.nih.gov/health/otosclerosis>]  (National Institute on Deafness and Other Communication Disorders)
Also in Spanish [<https://www.nidcd.nih.gov/es/espanol/otosclerosis>]

Specifics

- Benign Paroxysmal Positional Vertigo (BPPV) [<https://familydoctor.org/condition/benign-paroxysmal-positional-vertigo/?adfree=true>] (American Academy of Family Physicians)
Also in Spanish [<https://es.familydoctor.org/condicion/vertigo-posicional-paroxistico-benigno-es/?adfree=true>]
- Benign Paroxysmal Positional Vertigo (BPPV) [<https://vestibular.org/article/diagnosis-treatment/types-of-vestibular-disorders/benign-paroxysmal-positional-vertigo-bppv/>] (Vestibular Disorders Association)
- Causes of Dizziness [<https://vestibular.org/article/what-is-vestibular/causes-of-dizziness/>] (Vestibular Disorders Association)
- Cervicogenic Dizziness [<https://vestibular.org/article/diagnosis-treatment/types-of-vestibular-disorders/cervicogenic-dizziness/>] (Vestibular Disorders Association)
- Labyrinthitis and Vestibular Neuritis [<https://vestibular.org/article/diagnosis-treatment/types-of-vestibular-disorders/labyrinthitis-and-vestibular-neuritis/>] (Vestibular Disorders Association)
- Mal de Débarquement Syndrome (MdDS) [<https://www.americanbrainfoundation.org/diseases/mal-de-debarquement-syndrome/>] (American Brain Foundation)
- Ototoxicity [<https://vestibular.org/article/diagnosis-treatment/types-of-vestibular-disorders/ototoxicity/>] (Vestibular Disorders Association)
- Perilymph Fistula [<https://vestibular.org/article/diagnosis-treatment/types-of-vestibular-disorders/perilymph-fistula/>] (Vestibular Disorders Association)
- Vestibular Migraine [<https://www.hopkinsmedicine.org/health/conditions-and-diseases/vestibular-migraine>]  (Johns Hopkins Medicine)

Clinical Trials

- ClinicalTrials.gov: Dizziness [<https://clinicaltrials.gov/search?cond=%22Dizziness%22&aggFilters=status:not%20rec>]  (National Institutes of Health)

- ClinicalTrials.gov: Vertigo [<https://clinicaltrials.gov/search?cond=%22Vertigo%22&aggFilters=status:not%20rec>]  (National Institutes of Health)
 - ClinicalTrials.gov: Vestibular Diseases [<https://clinicaltrials.gov/search?cond=%22Vestibular+Diseases%22&aggFilters=status:not%20rec>]  (National Institutes of Health)
- ## Journal Articles
- References and abstracts from MEDLINE/PubMed (National Library of Medicine)
- Article: Efficacy of manual therapy for cervical vertigo: a randomized controlled trial... [<https://www.ncbi.nlm.nih.gov/pubmed/40721810>]
 - Article: Functional brain activity in persistent postural-perceptual dizziness (PPPd) during galvanic vestibular... [<https://www.ncbi.nlm.nih.gov/pubmed/40717118>]
 - Article: Efficacy of Low-Dose BoNT-A Acupoint Injections in Managing Headache, Vertigo, and... [<https://www.ncbi.nlm.nih.gov/pubmed/40693647>]
 - Dizziness and Vertigo -- see more articles [<https://pubmed.ncbi.nlm.nih.gov/?term=%22Benign+Paroxysmal+Positional+Vertigo%22%5Bmajr%3Aexp%5D+OR+%22Vertigo%22%5Bmajr%3Aexp%5D+OR+%22Dizziness%22%5Bmajr%3Aexp%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND+%22last+1+Year%22+%5Bdat%5D+NOT+%28letter%5Bpt%5D+OR+case+reports%5Bpt%5D+OR+editorial%5Bpt%5D+OR+comment%5Bpt%5D%29+AND+free+full+text%5Bsb%5D+>]

Reference Desk

- Glossary [<https://www.nidcd.nih.gov/glossary>]  (National Institute on Deafness and Other Communication Disorders)
- Human Balance System [<https://vestibular.org/article/what-is-vestibular/the-human-balance-system/the-human-balance-system-how-do-we-maintain-our-balance/>] (Vestibular Disorders Association)
- Types of Vestibular Disorders [<https://vestibular.org/article/diagnosis-treatment/types-of-vestibular-disorders/>] (Vestibular Disorders Association)

Find an Expert

- Directory of Organizations [<https://www.nidcd.nih.gov/directory>]  (National Institute on Deafness and Other Communication Disorders)
- Find an ENT (Ear, Nose, and Throat Specialist) [<https://www.enthealth.org/find-ent/>] (American Academy of Otolaryngology--Head and Neck Surgery)
- National Institute on Deafness and Other Communication Disorders [<https://www.nidcd.nih.gov>] 

Children

- Ototoxicity (Ear Poisoning) (For Parents) [<https://kidshealth.org/en/parents/ototoxicity.html>] (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/parents/ototoxicity.html>]

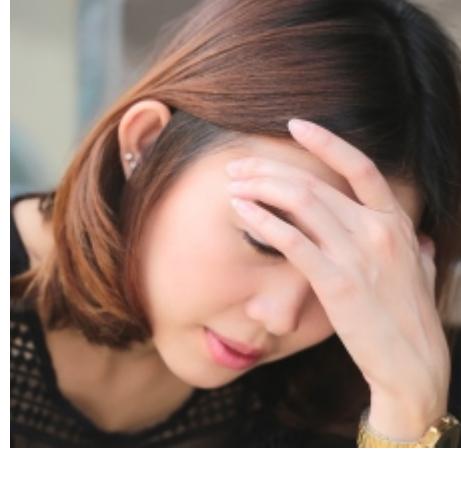
Older Adults

- Balance and Aging [<https://vestibular.org/article/coping-support/living-with-a-vestibular-disorder/age-related-dizziness-and-imbalance/balance-aging/>] (Vestibular Disorders Association) - **PDF**

Patient Handouts

- Benign positional vertigo [<https://medlineplus.gov/ency/article/001420.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/001420.htm>]
- Benign positional vertigo -- aftercare [<https://medlineplus.gov/ency/patientinstructions/000745.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/patientinstructions/000745.htm>]
- Dizziness [<https://medlineplus.gov/ency/article/003093.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/003093.htm>]

- Dizziness and vertigo -- aftercare [<https://medlineplus.gov/ency/patientinstructions/000692.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/patientinstructions/000692.htm>]
- Electronystagmography [<https://medlineplus.gov/ency/article/003448.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/003448.htm>]
- Epley maneuver [<https://medlineplus.gov/ency/article/007662.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/007662.htm>]
- Labyrinthitis [<https://medlineplus.gov/ency/article/001054.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/001054.htm>]
- Vertigo-associated disorders [<https://medlineplus.gov/ency/article/001432.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/001432.htm>]



MEDICAL ENCYCLOPEDIA

- Benign positional vertigo [<https://medlineplus.gov/ency/article/001420.htm>]
- Benign positional vertigo -- aftercare [<https://medlineplus.gov/ency/patientinstructions/000745.htm>]
- Caloric stimulation [<https://medlineplus.gov/ency/article/003429.htm>]
- Dizziness [<https://medlineplus.gov/ency/article/003093.htm>]
- Dizziness and vertigo -- aftercare [<https://medlineplus.gov/ency/patientinstructions/000692.htm>]
- Electronystagmography [<https://medlineplus.gov/ency/article/003448.htm>]
- Epley maneuver [<https://medlineplus.gov/ency/article/007662.htm>]
- Labyrinthitis [<https://medlineplus.gov/ency/article/001054.htm>]
- Labyrinthitis - aftercare [<https://medlineplus.gov/ency/patientinstructions/000716.htm>]
- Vertigo-associated disorders [<https://medlineplus.gov/ency/article/001432.htm>]

Related Health Topics

- Balance Problems [<https://medlineplus.gov/balanceproblems.html>]
- Meniere's Disease [<https://medlineplus.gov/menieresdisease.html>]
- Motion Sickness [<https://medlineplus.gov/motionsickness.html>]

The primary NIH organization for research on *Dizziness and Vertigo* is the National Institute on Deafness and Other Communication Disorders [<https://www.nidcd.nih.gov/>]

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