

Benign Paroxysmal Positional Vertigo (BPPV)

Benign positional vertigo is a condition in which a person develops a sudden sensation of spinning, usually when moving the head due to a disturbance in the inner ear. BPPV develops when a small piece of bone-like calcium breaks free and floats within the tube of the inner ear. There are no risk factors. However, the condition may partly run in families. A prior head injury (even a slight bump to the head) or an inner ear infection called labyrinthitis may make some people more likely to develop the condition. It is the most common cause of vertigo.

Symptoms: The sensation of spinning or moving, or that the world is spinning around them.

They may experience:

- Nausea, vomiting, hearing loss, and a loss of balance.
- Vision problems, such as a feeling that things are jumping or moving.
- Spinning sensation usually triggered by moving the head, often starts suddenly, and may last a few seconds to a few minutes. Most often, patients say the spinning feeling is triggered when they roll over in bed or tilt their head up to look at something.
-

Treatment:

Vestibular Rehabilitation may be prescribed.

Sometimes medication may be given to help relieve the spinning sensation. Such drugs include:

- Antihistamines
- Anticholinergics
- Sedative-hypnotics

To prevent your symptoms from getting worse during episodes of vertigo, avoid the positions that trigger it.

EXPECTATIONS:

BPPV is uncomfortable, but usually improves with time. This condition may occur again without warning.

Complications:

Patients with severe vertigo may get dehydrated due to frequent vomiting.

Call your health care provider if:

- You develop vertigo
- Treatment for vertigo has not worked
- You develop symptoms such as weakness, slurred speech, or vision problems that may be a sign of a more serious condition.