



# Better Hearing Month

A perfect time for your annual checkup!

## Balance and Vestibular Disorders

*Approximately 33.4 million American adults suffer from a balance disorder or dizziness each year.*

If one or both of the inner ears of balance are damaged, an individual may experience a specific set of symptoms. These symptoms include but are not limited to:

- Dizziness
- Vertigo
- Nystagmus (involuntary eye movements)
- Unsteadiness
- Anxiety

### The Vestibular System

The vestibular system is one of the key sensory systems that provides the brain with information about movement and how to maintain or adjust the body's position. It works with touch and vision systems to help maintain balance.

### Falls Are the Most Common Cause of Injuries for Older Americans

- One-third of Americans aged 65 years and older will fall each year.
- Fear of falling can increase anxiety, depression, and social isolation.
- Many falls are preventable through lifestyle change, regular exercise, assistive devices, and proper home safety.

### Other Related Disorders

- Hearing loss
- Tinnitus
- Motion sickness
- Unsteadiness/Disequilibrium

### The Role of Audiologists

They can identify, diagnose, and provide treatment options for vestibular disorders that lead to dizziness and imbalance. They work closely with physicians and physical therapists and are an important part of the falls-prevention team.

Think you may have a balance/vestibular disorder? Click on the "Find an Audiologist" link of the Web site to locate and set up an appointment with an audiologist in your area to have your inner-ear balance tested.

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Information provided by: