



AUDIOLOGY

INFORMATION SERIES



ASHA'S CONSUMER NEWSLETTER

Asking Your Audiologist About Vertigo (Dizziness)

If you are experiencing lightheadedness, a sensation of losing your balance, or a sense of feeling unsteady, you may be one of the millions of Americans who experience vertigo.



What Causes Dizziness?

The organ of balance is located in the inner part of the ear close to the auditory nerve and many times (but not always) the cause of dizziness is in this part of the ear. Consequently, individuals who are experiencing a balance disorder often have a hearing loss in one or both ears. Tinnitus, which is often described as ringing in the ears or "head noise," may also occur.

What Can Be Done?

In many cases, vertigo can be successfully treated through **vestibular rehabilitation**, medical treatment or a combination of both. **But first you must receive a balance assessment to determine the cause and possible courses of action to treat the balance disorder.** Audiologists perform audiologic evaluations and balance



assessments in order to gather information on a person's hearing and balance functioning. Test results help determine the possible causes of vertigo. Results from these audiology assessments in combination with medical findings will provide diagnostic information on how best to treat vertigo.



What Is Vestibular Rehabilitation?

Your audiologic, balance, and medical diagnostic tests help indicate if you are a candidate for vestibular rehabilitation. In addition to performing balance assessments, many audiologists provide vestibular rehabilitation services. Vestibular rehabilitation is based on individualized exercise activities that involve head, eye, or environmental visual movements that may influence the balance system function to reduce the dizzy sensation.



Where to Get Help and Advice

Audiologist

Audiologists are professionals who administer and conduct hearing screening programs; evaluate and treat hearing loss, balance, and related disorders; recommend and provide appropriate technology, including hearing aids and hearing assistive devices and systems; and provide audiologic rehabilitation.

Qualified Audiologists Have:

- a master's or doctoral degree
- the Certificate of Clinical Competence (CCC-A) from the American Speech-Language-Hearing Association (ASHA)
- a state license, where required



To find an ASHA-certified audiologist near you, and for more information:

American Speech-Language-Hearing Association (ASHA)

10801 Rockville Pike

Rockville, MD 20852

1-800-638-8255

Email: actioncenter@asha.org

Web site: www.asha.org

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