

Vertigo

RFQs

What brings on the sensation of movement or spinning?

How long does it last for?

How is it affecting you? Have you fallen?

Are you safe to drive?

Provide

I'm almost certain that you have benign positional vertigo, an easily treated, and harmless, condition that is linked with crystals in the wrong part of your balance organs near your ears. You get giddy or spinning when you turn your head, but the spinning lasts for less than a minute.

The Epley manoeuvre, that I've just done for you, usually improves the vertigo (70% experience a cure or substantial improvement), but it may need to be repeated. If you get vertigo when you are driving, turn your head back to the front and it will stop. You can look safely, as you continue your journey, by just moving your eyes rather than your head if needs be. But, don't drive if you are still getting vertigo.

Safety net:

If I am wrong about this being benign positional vertigo and the spinning carries on much longer than a minute at a time, or if you get deafness or ear discharge then let's see you urgently.