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Benign Paroxysmal Positional Vertigo (BPPV)

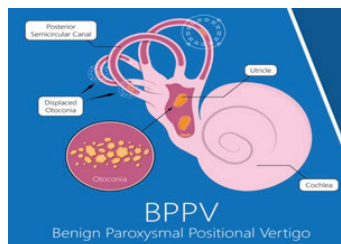


Benign Paroxysmal Positional Vertigo (BPPV) is one of the most common causes of vertigo — the sudden sensation that you are spinning or that the inside of your head is spinning. BPPV happens when there is a problem with the inner ear and causes brief episodes of mild to intense dizziness. It is usually triggered by specific changes in your head's position. This might occur when you tip your head up or down, when you lie down, or when you turn over or sit up in bed.

What causes BPPV?

BPPV occurs when calcium carbonate crystals, known as otoconia, shift and become trapped within the semi-circular canals (one of the vestibular organs of the inner ear that control balance).

As a person's head position changes, the otoconia begins to roll around and push on the tiny hair-like processes (cilia) within the semi-circular canals. Those cilia then transmit wrong information about your balance to the brain leading to vertigo.



Symptoms

The signs and symptoms of benign paroxysmal positional vertigo (BPPV) may include:

- Dizziness
- A sense that you or your surroundings are spinning or moving
- Acute loss of balance or unsteadiness
- Nausea and vomiting

The signs and symptoms of BPPV can come and go and typically last less than one minute. Episodes of BPPV can disappear for some time and then recur. The activities that bring about the signs and symptoms of BPPV can vary from person to person, but are most commonly caused by specific changes in your head's position.

Risk factors

BPPV occurs most often in people age 50 and older, but can occur at any age. BPPV is also more common in women than in men. A head injury or any other disorder of the balance organs of your ear may make you more susceptible to BPPV.

Diagnosis

Doctors usually diagnose BPPV based on the characteristic description of the dizziness. After a physical examination, the doctor may order tests to rule out other causes of your vertigo. These could include different types of tests to provide an image of your inner ear and head.

Treatment

Medications can temporarily alleviate the sudden symptoms of vertigo and nausea.



BPPV may go away on its own within a few days or weeks.

To help relieve BPPV sooner, your doctor may show you some easy head manoeuvres that could help to relieve the symptoms. These movements, known as the **canalith repositioning procedures**, help shift the particles out of the inner ear canals and into areas where they will not cause vertigo. This procedure usually works after one or two treatments. Your doctor will likely teach you how to perform the procedure on yourself so that you can do it at home if needed.

When to seek emergency care

Although BPPV is rarely a serious condition, see your doctor immediately if you experience dizziness or vertigo along with any of the following:

- A new, different or severe headache
- A fever
- Double vision or loss of vision
- Hearing loss
- Trouble speaking
- Leg or arm weakness
- Loss of consciousness
- Falling or difficulty walking

The signs and symptoms listed above may signal a more serious problem.

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Raffles Home Care Services

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Home-Based FDW 6 Monthly Medical Examination (6ME)

Your foreign domestic worker is required to screen for pregnancy and infectious diseases every six months. Enjoy the convenience of a mobile screening, where we arrange for our medical personnel to go to your home to conduct the tests required.



Find out more or make an enquiry [here](#)



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A vaccination to protect you and your family from influenza can be done without going to the clinic. [Find out more](#)