

Treatment:

Dizziness and balance disorders can be treated effectively with any one or a combination of more than one of the below options:

- a. Medication
- b. Re positioning manoeuvres
- c. Vestibular rehabilitation therapy
- d. Surgery in remote cases
- e. Diet and lifestyle changes

The Hear Lab, a centre of excellence in Mumbai is equipped to guide you through the treatment after thorough assessment



To know more / seek an appointment call 7304119222
You may also email us on thehearlab@gmail.com

The Hear Lab
Advanced Ear, Hearing & Communication Centre,
505, Sunshine Building T39, Opposite Mercedes Benz Showroom
Near Lokhandwala Circle , Shastri Nagar Mumbai -400058
Call : 7304119222 ; Email : thehearlab@gmail.com;

www.thehearlab.com



Are you feeling dizzy and off balance?



Dizziness and balance disorders can be a constant irritant, debilitating you from effectively performing your day to day chores. Dizziness is just a symptom. The root cause can be in the ear (peripheral) or the brain and brain stem (central). Timely diagnosis of the root cause of dizziness is necessary for effective treatment and early detection of complex conditions like cerebellar stroke, blockages etc.

Causes of dizziness and balance disorders:

Some of the prominent causes of dizziness and balance disorders are:

- a. Head injuries
- b. Displacement of inner ear crystals
- c. Tumours in the ear/brain
- d. Stroke
- e. Aging
- f. Viral/bacterial infection
- g. Long term use of certain medications
- h. Restricted blood flow in the inner ear/brain
- i. Migraine

Know the symptoms:

You may experience any one or a combination of more than one symptoms:

- a. Imbalance or unsteady gait
- b. Vertigo
- c. Fear of heights
- d. Fear of narrow alley or confined environment
- e. Dizziness
- f. Blurred vision
- g. Nausea
- h. Fear of falling
- i. Fear of crowded places
- j. Changes in hearing pattern

Comprehensive Assessment. Conclusive Treatment.

Diagnosis:

Most of the vestibular disorder can be fully treated. For effective and conclusive treatment, It's important to diagnose the root cause of dizziness and balance disorders. The Hear Lab centre of excellence for Vestibular Disorders at Mumbai is equipped with the latest state of the art diagnostic tools that can diagnose majority of the causes of dizziness and balance disorders. Below is our 10 step approach aimed towards comprehensive assesment and conclusive treatment.

- Step 1** Patient registration
- Step 2** Consultation and patient history
- Step 3** Physical /medical examination
- Step 4** Oculomotor tests on BalanceEye for assessing central pathways (brain)
- Step 5** Nystagmus and positional tests on BalanceEye for assessing peripheral pathways
- Step 6** Subjective tests on BalanceEye for assessing peripheral pathways
- Step 7** Video head impulse test (vHIT) on BalanceEye for assessing vestibular ocular reflex
- Step 8** Data review and clinical interpretation by BalanceEye reporting team
- Step 9** Report generation
- Step 10** Consultation and treatment planning
- Step 11** Treatment

